BUST MY STRESS

Breathe
Nervous? Take a deep breath in to the count of four. Hold for four seconds and exhale for four seconds.

Sleep
You'll remember material more easily if you are well rested. Teens need 8-10 hours of sleep each night!

Move
Get the blood pumping to increase blood and oxygen delivered to your brain! Go for a walk or jog, stretch or do a few jumping jacks to get your heart pumping!

FOR MORE INFORMATION VISIT: healthcorps.org