

# Feeling Stressed? 9 to feel fine



1. Breathe in for  
3 seconds



2. Hold for 1 second



3. Breathe out for  
3 seconds




4. Do this 9 times or  
until you feel fine



Let's learn  
how to deal  
with stress.



Do you know  
some of the  
signs of stress?

- a. Sore stomach
  - b. Headache
  - c. Forgetfulness
  - d. Butterflies in stomach
  - e. Can't concentrate
  - f. Trouble sleeping
  - g. All of the above
- 



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with stress.