

sign of thess: - changes in appetite "a state of mouthal and emotional - with draw from social activities stractic caused by very domainding - inabbility and impositionce and for pressurting dolverse carrents? - sleep problems Shess - stomach adies and dispessive definition problems types: - fatigue - acute shess - difficulty breathing episodic acute shoss - pawic attacks - climuique shess - using alcohol/drups to relax - feeling overwhetmed - wowying incessoutly 10 oword stress: - proabachuakus or ukereckus vespousabilities - take come of yourself - we pre check or loverly feelings - eugape self relakation - unable to remember Alings - take breaks when needed _ bite wants, itchy skiw, unable to stay freeze - seekout social support - coursed with other socially _ maintain a normal vortibe

_ give book to others

_ music listening _ pet some sur

thanage social media time

maintain exercise and pool white