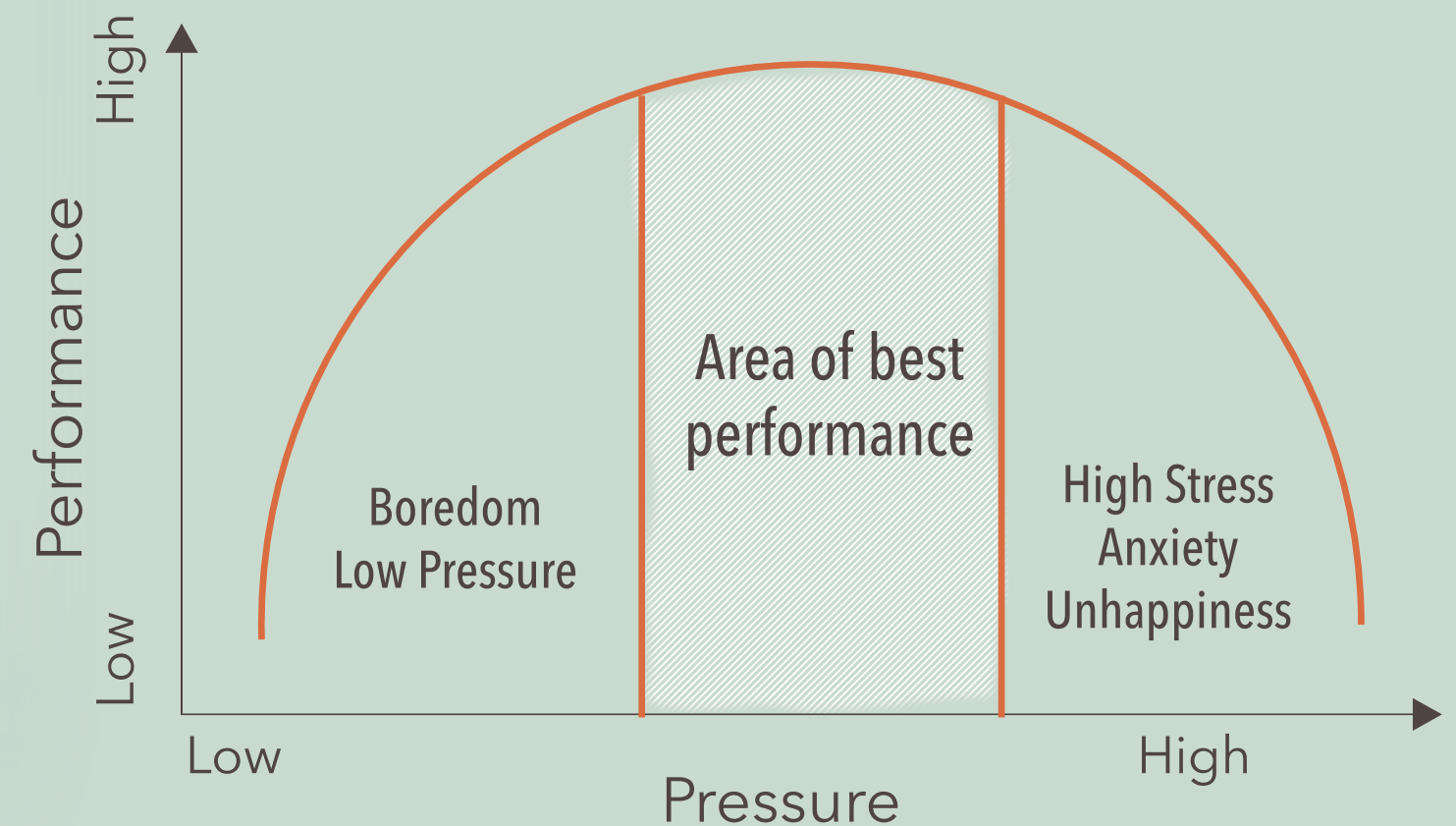


Research shows that **REFRAMING STRESS POSITIVELY** is associated with improved health, emotional well-being, and productivity -- even during periods of high stress.*



POSITIVE STRESS BELIEFS:

1. My body's stress response is helpful, not debilitating, stress is energy I can use.
2. I can handle, and even learn and grow from the stress in my life.
3. Everyone deals with stress; having stress doesn't mean that I am doing something wrong.*
4. My stress can be optimized at a level where I am happiest, healthiest, and work the best



* Embracing stress is more important than reducing stress, Stanford psychologist says - CLIFTON B. PARKER, Stanford News