

STRESSED OUT?

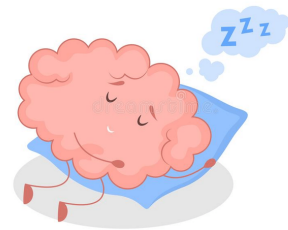
HERE ARE SOME THINGS YOU CAN DO TO LOWER YOUR STRESS LEVELS!

**NURSE CLINIC - HK NURSE JESSICA & SHSS
NAWAI**

1

MINIMIZE SCREEN TIME & GO TO SLEEP!

-Too much time on video games & cell phones can increase stress levels. Try setting a time limit and make sure you get at least 8 hours of sleep a night.



2

EAT MORE WHOLE FOODS & LESS JUNK FOOD

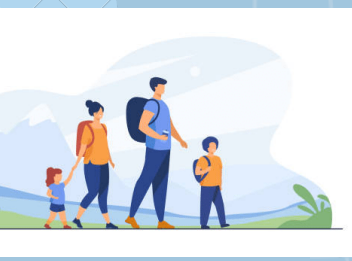
-Eat foods like avocado, broccoli, fish, dark chocolate & oatmeal. Processed foods like chips & doughnuts increase inflammation which contributes to a increase in stress levels.



3

GO OUTSIDE & HAVE SOME FUN!

-Spend at least 30 minutes outdoors. Take a walk or a hike, go camping, fishing, hunting. We live in Hawaii!! Take some time to enjoy the outdoors.



4

TAKE TIME FOR YOURSELF!

-Listen to music, take deep breaths and do activities that you enjoy outside of school. Spend time with ohana & friends. Spending quality time with the people you love and talking to them increases your overall health, builds healthy relationships and lowers stress.

