



Birthright  
*St. Charles*

# Stress Manager



Today I feel



because of my stress



What is causing  
me stress lately?

What do I need?

What can I do to set aside time for myself today?

i.e. read 10 pages in a book, listen to music, take a quick nap, meet with friends

Do I have someone to talk to?

Need Professional, Confidential Counseling Services?  
Contact Birthright St. Charles Today