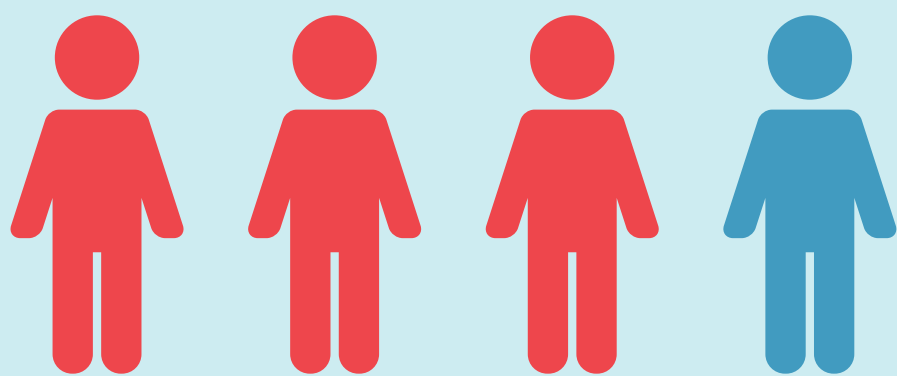


Breathe In Breathe Out Release

you cannot GET RID OF STRESS
but you can CONTROL IT



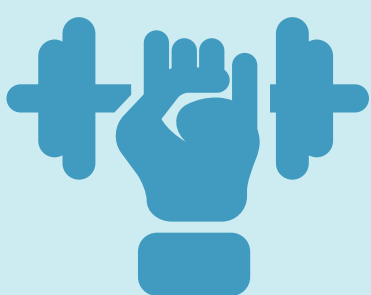
$\frac{3}{4}$ of individuals
experience stress

What can you do to manage it?



sleep

+



exercise

=

**REDUCED
STRESS**



LWA Student-Led Health Initiative: High schools students spreading awareness about health issues and empowering peers to make healthier choices.

Share Your Tips **#BreathInBreathOutRelease**

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