Quand tu ressens du stress tu peux...



FAIRE DU SPORT



ECRIRE CE QUE TU RESSENS



BOIRE UN VERRE D'EAU



SE DIRE QUE LE STRESS EST LÀ POUR TE DONNER DE L'ÉNERGIE



FAIRE UNE ACTIVITÉ QUI TE PLAIT



ÉCOUTER DE LA MUSIQUE APAISANTE



DEMANDER DE L'ÉCOUTE



RESPIRER PAR LE VENTRE LE VA-ET-VIENT DE TA RESPIRATION

Pourquoi Je Stresse

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