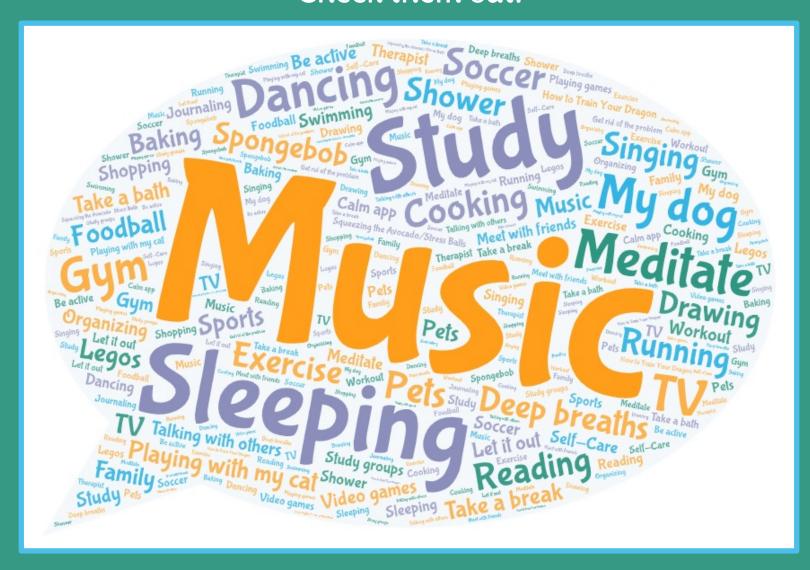
BHS STUDENTS HAVE GREAT STRATEGIES TO MANAGE STRESS

Looking for ideas?

Check them out!



This word cloud was created with the ideas students generated at our Stress Prevention Pop-Up event during lunch periods at Barrington High School on December 9th. The larger the word in the word cloud, the more often that idea was shared.

For more stress management tips and tools



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SMILE Score Flyer



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40 Ways to Find Calm



25 Consejos para Ayudar con el Estrés Encontrar Calma



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