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## Spend More Time Thinking

KWWSV ZZZ DSD RUJ QHZV SUHVV UHOHDVHV WKRXJKWV P

## Helping Kids Manage Stress

.LGV IHHO VWDWHV RI HPRWLRQDO DQG SK\VLFDQ WHQVLRQ MXVW  
 IRU WKH IXWXUH :K\ ZDLW" &KLOGUHQ DUH WHDFKDEOH VR VLPS  
 ZLWK VWUHVV 6WXGLHV VKRZ VWUHVV OHYHOV DUH KLJKHU IRU N  
 FRPSHHW DQG NHHS XS (DV\ VWUHVV PDQDJHPHQW WHFKQLTXHV  
 PHGLDWHVLRQ DQG SURJUHVVLYH UHOD[DWHVLRQ &RXOG VXFK VNLQ  
 VXEVWDQFH DEXVH" +LQW ORGHO WKHVH VWUDWHJLVHV DQG JDLQ  
 ZKHQ \RX WHDFK WKHP WR RWKHUV /HDUQ DERXW SKHOSDQHQVLRQ  
 DUWLFOHV VWUHVV LQ FKLOGUHQ

:PVS 3PMF JO \*NQSPWJOH 8PSLQMBDF \$PNNVOJDB  
6WXGLHV VKRZ WKDW VWURQJ ZRUNSODFH FRPPXQLFDWLRQ SURG  
D ZRUN HQYLURQPHQW WKDW LV PRUH KRQHVW UHOLDEOH DQG V  
EHQHILWV (YHU\|RQH ZDQWV EHWWHU ZRUNSODFH FRPPXQLFDWLR  
WKHP LV NH\ 0RVW EXVLQHVVHV H[SHULHQFH WURXEOH ZLWK LQV  
.QRZLQJ ZKDW WKHVH DUH FDQ KHOS \RX DFW WR LQWHUYHQH DQ  
\RX SOD\ D YLWDO UROH LQ KHOSLQJ SURPRWH D KHDOWK\ DQG S  
ZRUNSODFH FRPPXQLFDWLRQ FKDOOHQJHV 60RZ PRYHPHQW RI  
IKH GEDFQ 6ROXWLRQ L N I 6 ° EHWWHU D UXV G HZR WKDQ UH

