

Stress Breakers

Helen Lerner & Roberta Elins

You're stressed because you're stressable!

**Negative thoughts are energy burners.
Positive thoughts are energy earners!**

**You don't have to sink, Think Positively!
Relearn to relax...
Give yourself permission to take an
intermission!**

**You can't beat the clock...
But you can stop racing time!
Clock free is stress free...**

**Take time out of your life
Take time out for your life!**

Are you marking time or making the most of it?

**Divide (the responsibilities) and conquer the
stress!**

**Be positively expectant!
Declare yourself happy today!**