

LET DCMP HELP YOU CREATE A **STRESSLESS** you!

WHAT IS **STRESS?**

Internal or external influences that disrupt an individual's normal state of well-being. These influences are capable of affecting health by causing emotional distress and leading to a variety of physiological changes.



Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, or arthritis in addition to depression and anxiety.

DID YOU KNOW?

THERE ARE A MULTITUDE OF WAYS TO COMBAT STRESS, INCLUDING:

- Sleeping more
- Exercising more
- Laughing more
- Spending more time with friends and family

SEE FOR YOURSELF!

HERE ARE SOME DCMP TITLES THAT PROVIDE SOME TIPS FOR STRESS-FREE LIVING!

Every Teen Has Challenges	Progressive Mind Body Matwork	Fresh Start With Dian	Fresh Start II With Dian	10 Reasons to Get & Stay in Shape
Johnny Junkfood in the 21st Century	Eating for Life	The New Food Pyramid: It's All About You	Stress	Family Ties: Strengthening the Family Unit
Me and My Family: Solving Conflicts	Successful Parenting: School Success Takes Teamwork	Successful Parenting: Self-Esteem Is the Key	Bullying: What Every Adult Needs to Know	How To Teach Study Skills



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