Stress and Anxiety

Smoking	30 minutes	Anxiety	Peer pressure	Exercise
Acne	Shrinking brain cells	Irritable or Angry	40 million people	Over commitment
Seratonin	Stres	**FREE**	5.8/10	Coping
Deep breathing	School	Depression	Chocolate	High blood pressure
Caffeine and sugar	8 hours	Laughter	Video Games	Alcohol and Drugs

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Stress and Anxiety

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Chocolate	Laughter	Smoking	Alcohol and Drugs	School
Depression	High blood pressure	Seratonin	Shrinking brain cells	Caffeine and sugar

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Stress and Anxiety

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