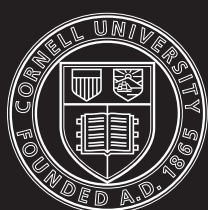


BALANCE: NATURE'S STRESS BUSTER

A hand is shown balancing a stack of five smooth, rounded stones of varying sizes and colors (dark grey, light grey, and tan) on a long, horizontal log. The log is balanced on a single, larger, light-colored stone. The background is a dark, textured surface.

LEARNING TO MANAGE STRESS is an essential skill, at Cornell and in the “real world.” Studies show people who maintain a healthy balance of physical, emotional, intellectual, social, and “spiritual” commitments are better-able to experience daily stress as a challenging or motivating force, and less likely to get overwhelmed or “burned out.”



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For more information about managing stress, visit www.gannett.cornell.edu.