

Managing Stress: Part 3

What are actions that you need to take when you are experiencing stress in the moment?

Managing Stress: Part 2

A key part of managing stress is mindset.

Managing Stress: Part 1

In a time of great uncertainty, our ability to identify and manage stress is critically important. Over the next five days, we will share strategies to help you manage your stress during these challenging times. If you follow along, by the end of the week, you can create a personal plan to manage your stress.

Get started

The way to get started is to quit talking and begin doing.
Character education quotations.


Look twice

Moral: Think twice before you act. You may save yourself from trouble.

Helping kids rebound from mistakes

The difference between successful and unsuccessful people often lies in how they view their mistakes.

The best apologies



“Right actions in the future are the best apologies for bad actions in the past.”

-Tyron Edwards

@TheRayCenter
#CharacterCounts

Perseverance

Perseverance is stubbornness with a purpose. Character education quotations.

Challenges and change

If it doesn't challenge you, it won't change you. Character education quotations.

Defeats

We may encounter many defeats, but we must not be defeated.
Character education quotations.