Stress, Stress, Stress

Health Promotion Wellness
Navy Marine Corps
Public Health Center
When it is dark enough, you can see the stars.

Charles Beard
The girl who can’t dance says the band can’t play.

Yiddish Proverb
Stress is like an ice cream cone—you have to learn to lick it!

Kathy Wagoner
The best way out of a difficulty is through it!

Anonymous
If in a hole, stop digging!

Anonymous
Keep breathing!

Sophie Tucker
Problems are only opportunities in work clothes.

Henry Kaiser
Do what you can, with what you have, where you are.

Theodore Roosevelt
The time to relax is when you don’t have time for it.

Sydney Harris
Let your hook always be cast. In the pool, where you least expect it, will be a fish.

Ovid
Hope ever tells us tomorrow will be better!

Tibullus
Improvise, adapt and overcome.

U.S. Marine Corps
Do not take life too seriously. You will never get out of it alive.

Elbert Hubbard