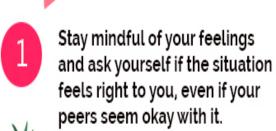


TEENS TO OVERCOME PRESSURE

EFFECTIVE WAYS FOR

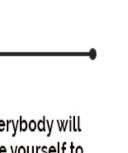


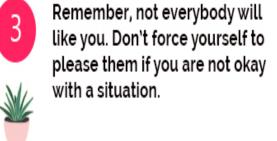




Struggling to say no? Plan and stay prepared to get out of an uncomfortable situation by making a good excuse.









Have a friend who shares a similar personality as you and can show the right path when under pressure.



When stressed, don't resort to toxic habits. Instead, try listening to music, talking to your parents or friends, and doing your favorite activity.



Take a deep breath of courage and tell the person pressuring you about your feelings.







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