



## Change to Chill™ is here to help.

There is so much pressure to be your best in school, at home, online, during after-school activities and in your social life...just about everywhere. Reducing stress really isn't about changing your life, it's about changing the way you react to it.

Check out Change to Chill, a free online resource for teens to get perspective on things that matter and achieve balance.



Plus, learn easy  
ways to chill and  
recharge.



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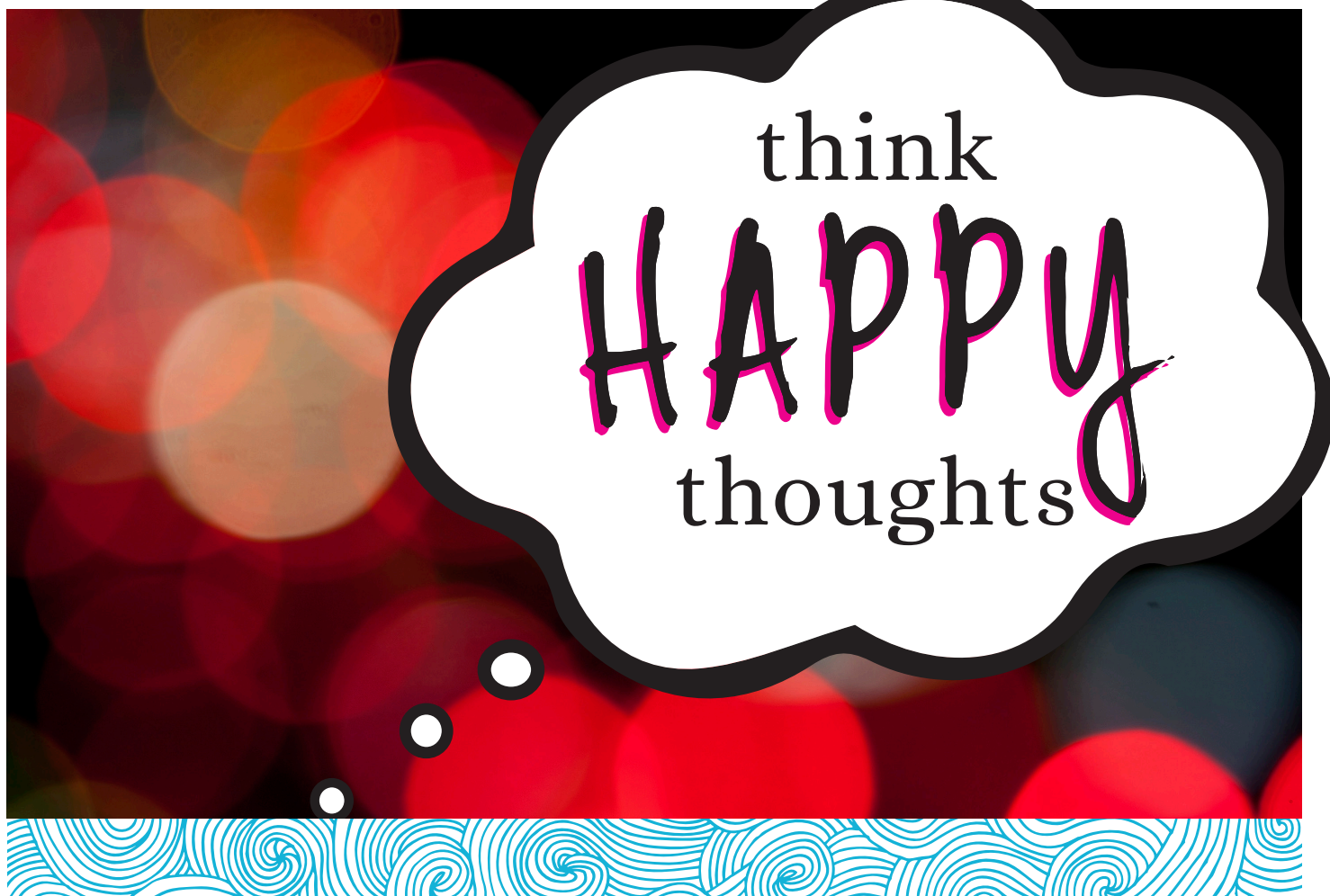
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