

Stress, Stress, Stress

**Health Promotion Program
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

