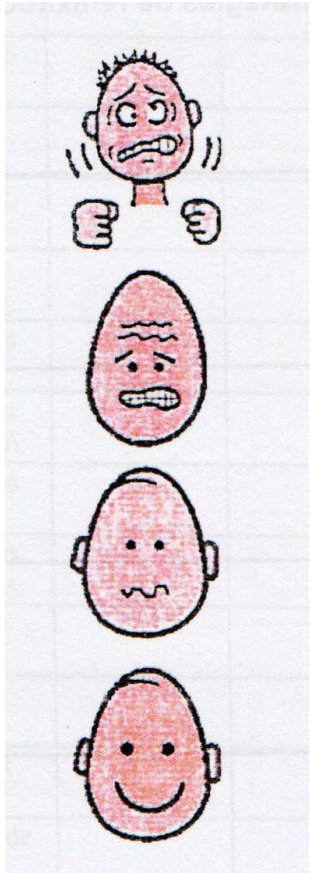
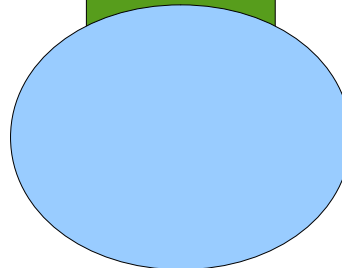
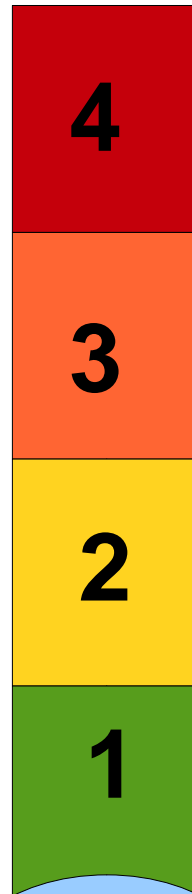


THERMOMETRE DU STRESS



Activités stressantes

Stratégies de relaxation

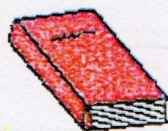


Exemples de stratégies de relaxation

aire de repos



lecture



exercice de respiration



objet sensoriel

