



Minnesota Center of Excellence in Newcomer Health Newcomer Education for Wellness (NEW) Video Series STRESS MANAGEMENT VIDEOS

An overview of stress, how it impacts the body, tips for managing stress, and information on how to get additional help if needed.

Stress Management (Arabic)

<https://youtu.be/6X7sQyaqMw4>



Stress Management (Burmese)

<https://youtu.be/JGh0EefmAVY>



Stress Management (Dari)

<https://youtu.be/89nc44yG8ek>



Stress Management (English)

https://youtu.be/Yn4LsR_nzmo



Stress Management (French)

<https://youtu.be/i07m2RDJbmE>



Stress Management (Haitian Creole)

<https://youtu.be/zRatw9DLhUQ>



Stress Management (Karen)

<https://youtu.be/NIRi7ewzL8M>



Stress Management (Pashto)

<https://youtu.be/6AA1vIMbjLQ>



Stress Management (Somali)

https://youtu.be/PS_OPaRDdZg



Stress Management (Spanish)

<https://youtu.be/CirakBOY-d8>



Stress Management (Swahili)

<https://youtu.be/JDhuf7VqZnA>



CENTER OF EXCELLENCE
IN NEWCOMER HEALTH
— MINNESOTA —