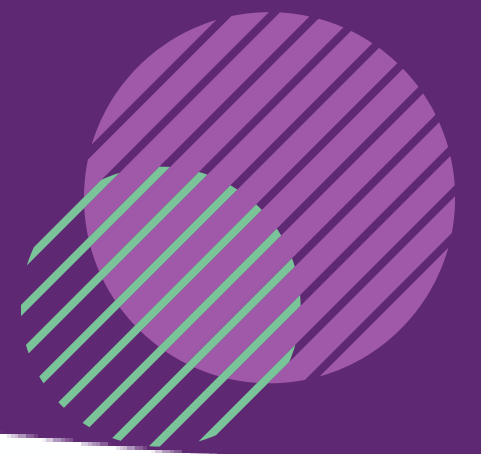


# INFOGRAPHIC 7



## New Year, New Stress

A new year often feels exciting, but it can also bring **new pressure**. Entering 2026 might mean big goals, big expectations, and the feeling that you have to get everything right from the start. Social media can make it worse by showing everyone else's "**perfect**" resolutions and successes.

However, you don't need to do it all at once. Breaking big goals into smaller steps makes them **easier to handle** and helps you see progress along the way. Movement is another powerful tool. Even a short walk or some stretching can **clear your mind** and lift your mood.



Most importantly, don't keep it all inside. Talking openly with a friend, family member, or mentor can make stress feel lighter and help you see new perspectives. **Stress is a normal part of life**, but it doesn't have to control you. Start 2026 with balance, kindness to yourself, and confidence that you can take it step by step.



EMERGE YOUTH

Unlocking Potential, One Breath at a Time



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