

Vidéos sur la gestion du stress

Qu'est-ce que le stress?

https://www.youtube.com/watch?feature=player_embedded&v=uQTiKjAPWb4

Respiration profonde

https://www.youtube.com/watch?feature=player_embedded&v=siVERLJER1w

Poissons

https://www.youtube.com/watch?feature=player_embedded&v=P8IPDQN2X6Q