



Healthy Ways to Relieve Stress

- Take a walk
- Read a book
- Talk with a friend
- Get enough sleep
- Exercise
- Practice mindfulness
- Volunteer
- Practice deep breathing
- Spend time outside
- Manage time on social media
- Talk with a trusted adult
- Do anything that's fun for you—music, art, sports, crafting
- Write in a journal (remember to think about what you are grateful for, proud of or anything positive!)