

TIPS ON HOW TO: STRESS LESS

SOCIALIZE:

- SPEND QUALITY TIME WITH
- FRIENDS AND FAMILY.
- VOLUNTEER YOUR TIME TO A GOOD CAUSE.
- TAKE SELFIES!
- GIVE HUGS.



SELF CARE:

- GET A GOOD NIGHTS REST.
- RECOGNIZE YOURSELF FOR HARD WORK.
- MEDITATE/ COLOR
- SMILE MORE.



GET ACTIVE:

- GO PLAY OUTSIDE.
- GO FOR A WALK.
- DANCE IT OUT.
- RUN IT OFF.



WRITE DOWN 3 THINGS YOU CAN DO
TO TAKE CARE OF YOURSELF:

1.

2.

3.

