

STRESS BUSTERS

Have a chat with someone you trust about why you are feeling stressed.



Get moving! Dance, walk, jump, run, wiggle and jiggle out all the tension.



Make an awesome playlist and listen to it. Bonus points for dancing.



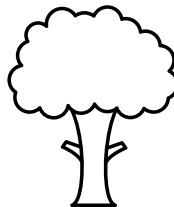
Do something creative, draw, write, paint, doodle, let out what's inside.



Make a plan to focus on what you can control. Let go of what you can't.



Get outside and feel the fresh air on your skin. Take deep breaths and appreciate the beauty of your surroundings.



Whenever you're feeling stressed, overwhelmed or frustrated, try these techniques. Colour in this sheet and notice how you feel.

World Mental Health Day 2024