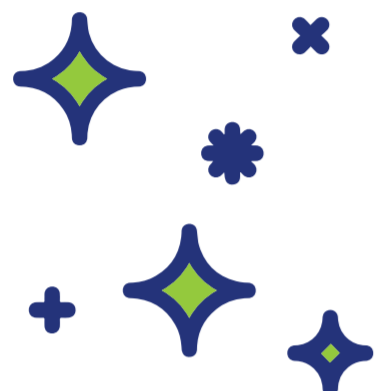


STRESS LESS TECHNIQUES



Express Yourself



Spend Time Alone



Color, Paint or Draw
 Write in a Journal
 Build Something Awesome
 Make Music or Dance

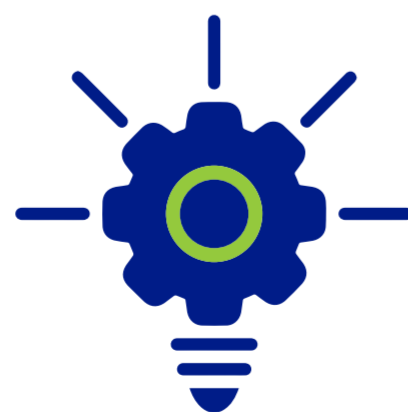
Read a Book
 Practice Deep Breathing
 Declutter Personal Space
 Unplug and Rest Your Eyes

Get Out in Nature

Practice Healthy Habits

Connect with Others

Star Gaze
 Play Outside
 Go for a Walk
 Sit in the Sun



Get Regular Sleep
 Eat Nutritious Foods
 Move Your Body
 Stick to a Routine



Talk to Friends
 Practice Gratitude
 Video Chat with Family
 Act with Kindness