

Act it out

Managing your emotions well means learning to express them at the right time, and recognizing when they are influencing your actions too much. Hone four skills to calm your body and mind:

- Relax your muscles
- Be fully present in the moment
- Do deep breathing exercises
- Plan relaxation time

Be More Earth-Friendly

Being in nature can be a great form of therapy, which is why it's important for us to protect our green spaces. Talk to your local government about how you can help to keep your community green and unpolluted.

