



# Ways to de-stress

Let your stress float away.

Do things that make you laugh.

Express your creative side. Write. Paint. Do a hobby.

Stretch muscles to relieve tension.

Take deep breaths. Meditate.

Relax with soothing music, a warm bath or shower, etc.

Escape to a place (or picture a scene) where you feel calm, happy, and secure.

Sip a cup of warm tea.

Share your feelings with others.

