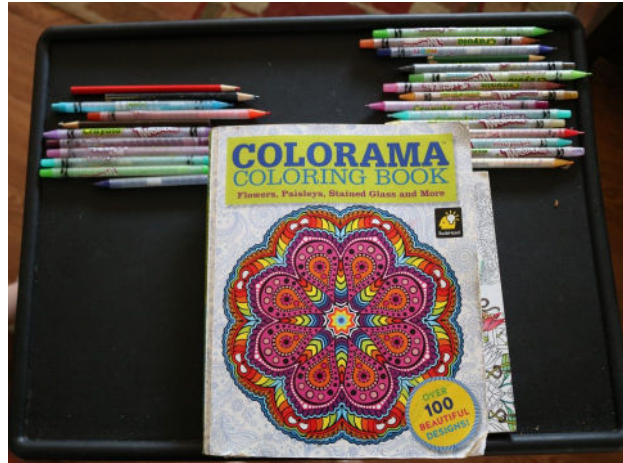


What to do when you get stressed

Close your eyes



Color



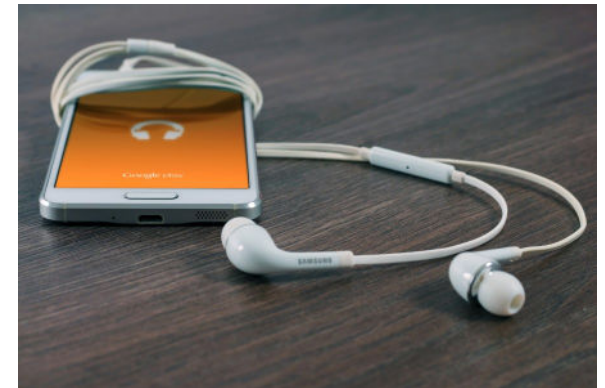
Take deep breaths



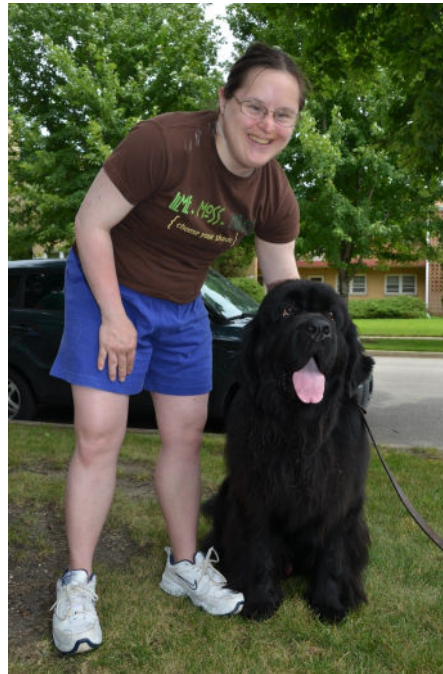
Exercise



Listen to music



Play with a pet



Spend time outside



Talk to family or friends

