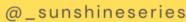
## Things You Can Do When You're Stressed





Do something that makes you feel relaxed. Give yourself a break, you deserve it!

Do some breathing exercises, yoga or meditation

Watch something funny, Laughing is a great stress reliever. Make sure you have a good laugh today!

Talk it out with a friend, family member, a counsellor, or therapist, or anyone you can confide in. Talking about stressful situations can help you take the load off.







## ARE YOU DEALING WITH CHRONIC STRESS THAT IS AFFECTING YOUR DAILY LIFE? SEND US A DM TO BOOK A SESSION WITH A THERAPIST TODAY.

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