

# Things You Can Do When You're Stressed

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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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