What to do when you get stressed

Close your eyes



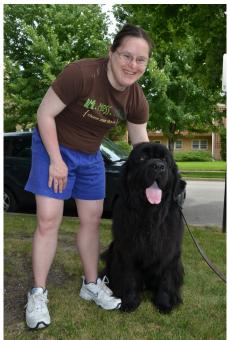
Exercise



Spend time outside



Play with a pet



Advocate Medical Group Adult Down Syndrome Center

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Take deep breaths



Listen to music



Talk to family or friends

