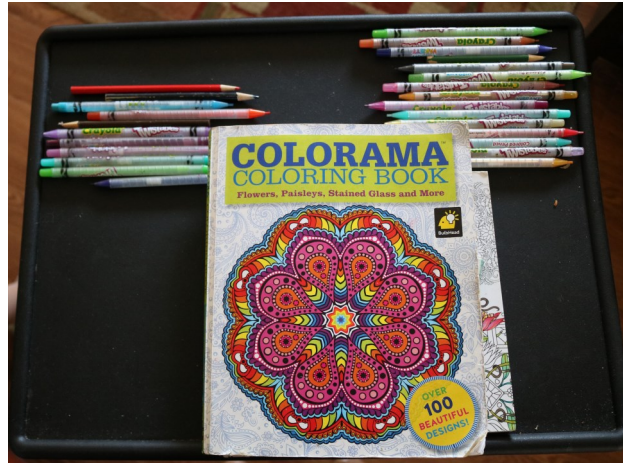


What to do when you get stressed

Close your eyes



Color



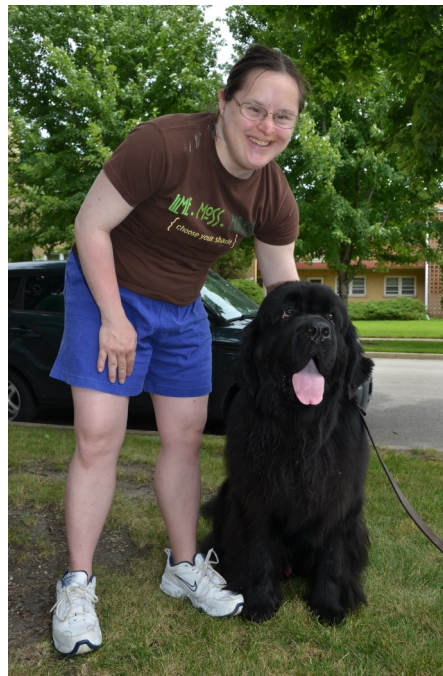
Take deep breaths



Exercise



Play with a pet



Listen to music



Spend time outside



Talk to family or friends

