



STRESS BUSTING STRATEGIES

Quick tips for tackling stress and anxiety

MOVE YOUR BODY

Physical activity can reduce stress and improve mood. Try swimming, walking, dancing or yoga.



TALK TO A FRIEND

Social connection reduces stress and helps create a support network for future stressful situations



GET OUTSIDE

Spending time in nature can reduce negative emotions and improve mental health



BREATHE DEEPLY

Deep breathing helps to calm the brain and the body so that you begin to feel more relaxed



DO AN ACTIVITY THAT YOU ENJOY

Doing a hobby that you love helps to lower stress levels and improve mood



WRITE IT DOWN

Writing down your thoughts and feelings will help you understand your emotions and reduce stress



http://



Check out these websites for more info:

- foundrybc.ca
- anxietycanada.com
- cmha.bc.ca
- kidshelpphone.ca