



## S\*T\*R\*E\*S\*S

**S**tep back: Walk away from the situation & gather your thoughts.

**T**ake a deep breath: Count to 5 & consider your choices.

**R**elax: Read a book, paint a picture, or listen to your favorite music.

**E**xercise: Get the negative energy out of your body by moving around.

**S**hare your problem with a friend or caregiver.

**S**peak to someone about positive solutions.