

# When you *feel stressed*

*Use these tips when you feel stressed or anxious. When you are feeling stressed or anxious, use these quick tips and get right back on track.*

## Take time to relax



Practise yoga, drink a warm cup of tea or listen to music

## Do daily exercise



Get some fresh air to help you feel good and maintain your health

## Think positively



Replace negative thoughts with positive affirmations

## Limit social media



Limit the time you spend on social media to help you stay positive