

Eat a regular,  
balanced diet



Exercise!!!  
Just going for a  
walk around the school  
can help.



Get adequate  
sleep



# Managing Stress

"Belly  
Breathing"  
exercises



Seeking help from  
mental health workers



Changing how  
you perceive or  
view stress



Talking to a friend,  
partner, family member,  
teacher, or another adult  
whom you trust.

