

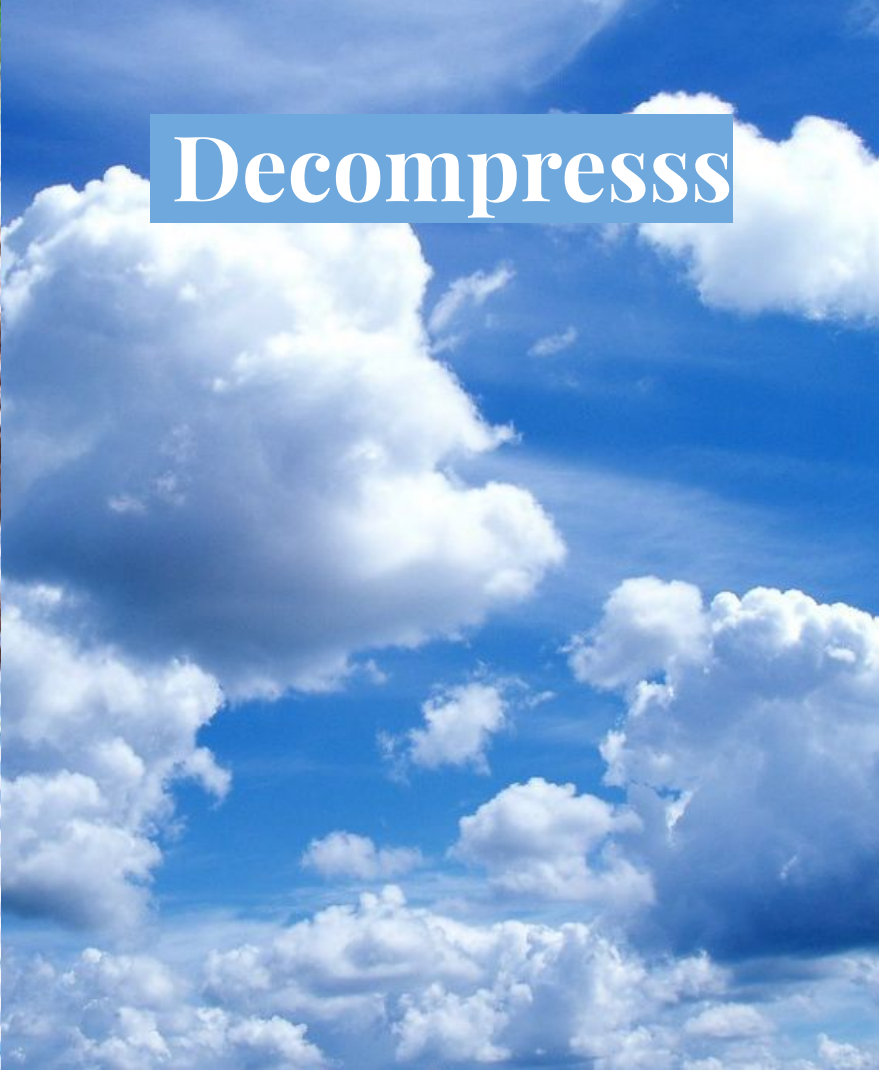
HEY!



Teen Stress



# Decompress



# Stress Self-Care



## Smile more

Get plenty of rest  
Notice good things  
Keep a gratitude journal



## Not perfect? That's OK!

Eat healthy  
Stay physically active  
Plan and organize  
Help someone else



## You are worth it!

Share your feelings  
Family, friends, counselors  
Pets can help you relax