

STRESS BUSTERS



Breathe Deep



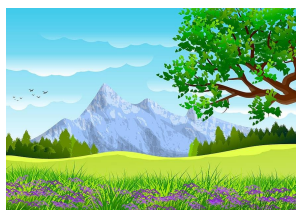
Pet a Cat or Dog



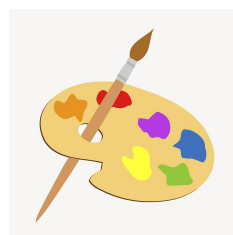
Listen to Music



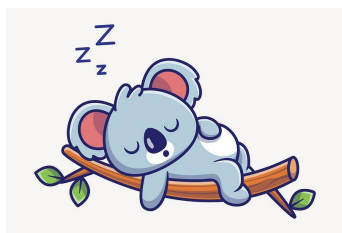
Get Moving



Spend Time in Nature



Get Creative



Take a Nap



Have a Good Laugh



Talk it Out



Write It Down