

# KEYS to STRESS



**Positive Attitude**

Looking at things in a positive way, thinking of the glass half full.



Allowing for things to go wrong, making mistakes, and not being afraid to fail. Forgiving yourself for not being perfect.



**Accept your mistakes**

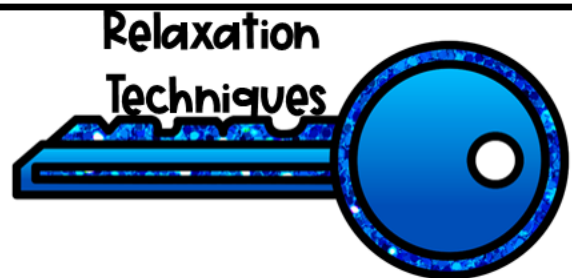
Talk to a trusted person, ask for help from an adult.



**Seek Support**



Slow focused breathing, yoga/meditation, exercise, visualizing a calm place.



**Relaxation Techniques**



**Time Management**

Using your time effectively and setting limits on overextending yourself.



Spend time doing a hobby, fun activity, or something that brings you joy.

**Make time for fun**

