12 Instant Stress Busters

Try these tips to help you manage stress and anxiety in the moment

- Breathe deep
- Work it out
- Pet a cat or dog
- Have a bath
- Talk it out
- Get artistic
- Listen to music
- Spend time in nature
- Laugh it off
- Write it down
- Take a nap
- Watch TV

Visit KidsHelpPhone.ca/Stress for more info

Kids Help Phone 😊