

# STRESS BUSTERS

**1 Sleep Tight**  
Get at least 9 hours of sleep

**2 Eat Right**  
Have fruits and vegetables with your meals and avoid junk food

**3 Get Outside**  
Stretch it out or go for a short walk

**4 Take A Break**  
Play games, sing or dance for 15 minutes

**5 Pen It Down**  
Write your feelings in a diary

**6 Stay Connected**  
Hang out with your friends even if it's just online



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