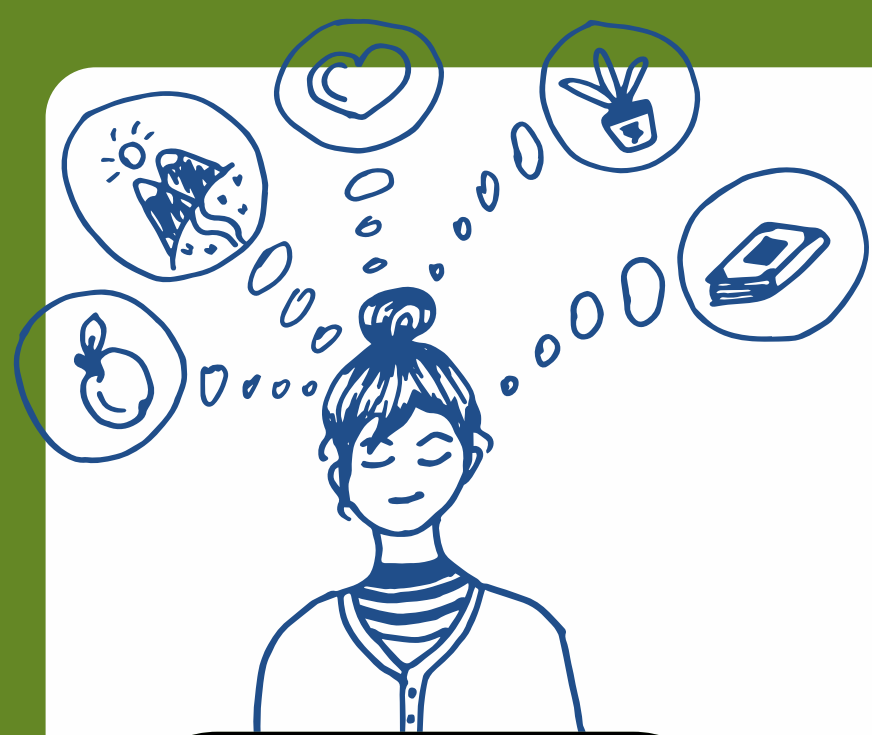


I matter

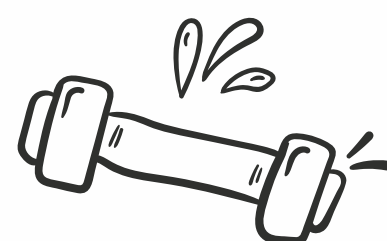


SIMPLE

Stress Management Techniques

Practice Deep Breathing

Take slow, deep breaths to calm your mind and body.

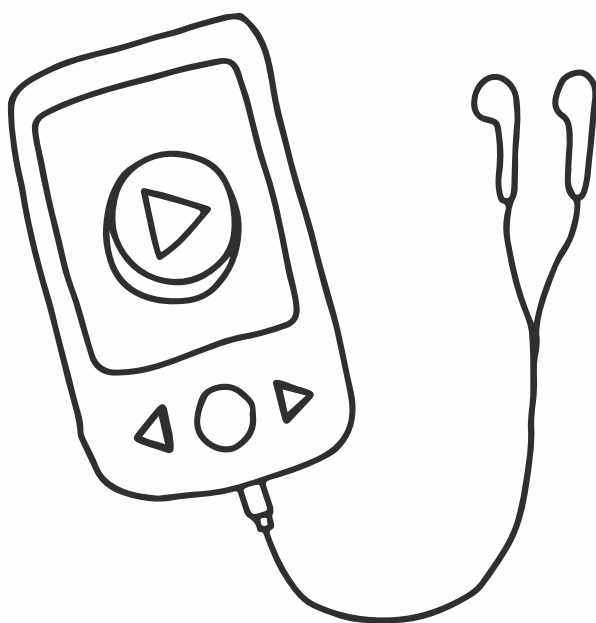


Get Moving

Exercise, stretch, or go for a walk to release tension.

Listen to Music

Play calming or uplifting tunes to improve your mood.



Take Breaks

Step away from tasks regularly to recharge and refocus.



Write It Down

Jot down your thoughts or practice gratitude journaling.



Talk It Out

Share your feelings with a friend or loved one for support.

