

Tips to Relieve Stress

Listen to Music

Talk to Someone

A teacher, friend or a professional



Online Support

www.verywellmind.com

www.youngminds.org.uk

Support for under 25's

www.themix.org.uk

Have a go at the
Stresspot game

[Play Stresspot Game](#)

Take time to relax

Be active



Play with a pet



Meditate or try yoga



Try some at home workouts [here](#)