

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](#)