

HEY stress,
let's break up

How to Cope

Try deep breathing
.....
Practice positive self-talk
.....

Take a break from stressful situations
Listen to music
Write in a journal
Hang out with friends
Find balance

FEELING STRESSED?

visit: <https://kidshealth.org/en/teens.stress.html>

the video!

Watch



#ffxhealthykids



Fairfax County Health Department
703-246-2411 • TTY 711 • fairfaxcounty.gov/health



A Fairfax County, Va., publication, Aug. 2019. For more information or to request this information in an alternate format, call the Fairfax County Health Department at 703-246-2411, TTY 711.