



# Stress Mess Toolkit

*What to do when you're feeling stressed and overwhelmed*

## Nourish Yourself

*When you are feeling overwhelmed take stock of the last time you ate. Was it recently? If not, maybe find a healthy snack.*

Some of your favorite fruit



Water

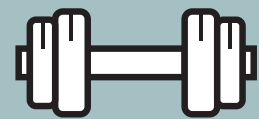
A small handful of nuts or seeds

Hummus and your favorite veggie

## Exercise

*Another way to help your stress is by working it off with exercise! Get your blood pumping and feel the stress melt away.*

Take a brisk walk through your neighborhood and take in the sights, smells, and sounds while you calm down



Have a dance party!

Try a relaxing yoga flow

## Self-Care

*Practice some de-stressing activities.*



Text or call a close friend

Light a candle



Journal about what is causing you stress and work on letting it go.

Take a relaxing shower or bath