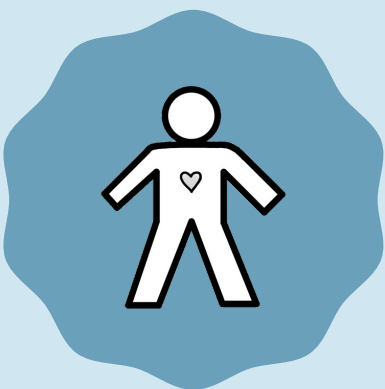


STRESS COPING METHODS



MINDFULNESS

Calming your body and thoughts can train your mind to stay in the moment. This can be done through activities like breathing exercises, meditation, and yoga.



HEALTHY BODY

Your body's health is the basis for your day-to-day wellbeing, so it is important to have a healthy and balanced diet, get enough sleep, and exercise regularly.



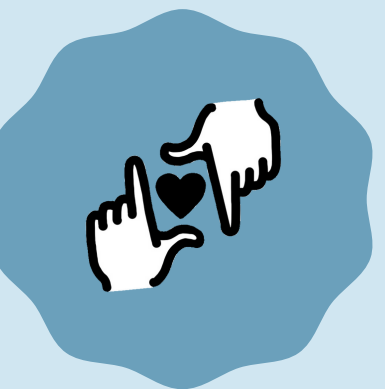
INTERNAL VALIDATION

Allow yourself to feel what you are feeling without criticism or judgment. Positive affirmations and gratitude journals can help improve your internal validation even if you don't entirely believe what you are saying or writing.



SOCIAL MEDIA DETOX

Take time to recenter your focus away from the comparison of yourself to others and focus more on yourself and what truly makes you happy. Appreciate the small moments in life and enjoy the present.



APPRAISAL & REFRAMING

While many situations can be very challenging, try your best to think of them in a positive way and be open-minded as you approach these situations. This can help you change the underlying beliefs to certain negative emotions.

FOR MORE INFORMATION

<https://sites.google.com/stu.fpsk12.net/wellness-project>

