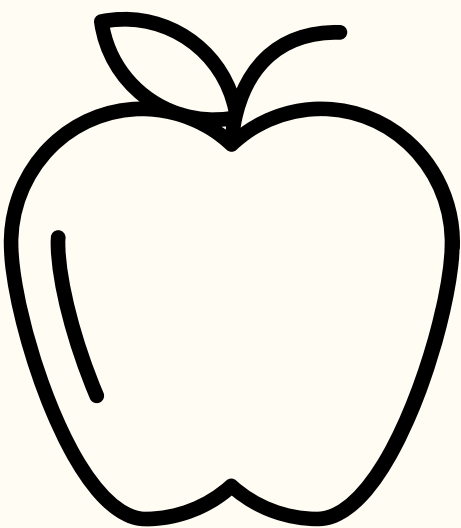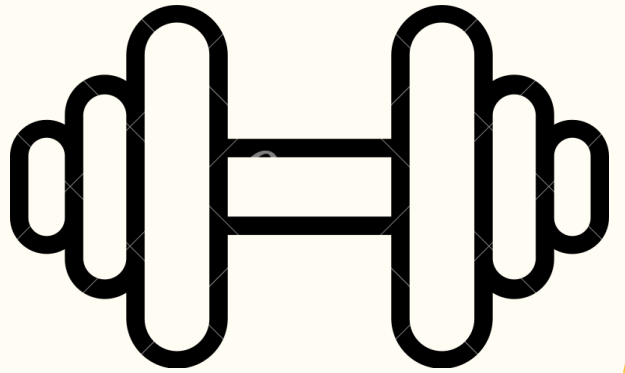# WHAT CAN I DO DURING A
MENTAL HEALTH DAY?

1

RELEASE SOME ENDORPHINS

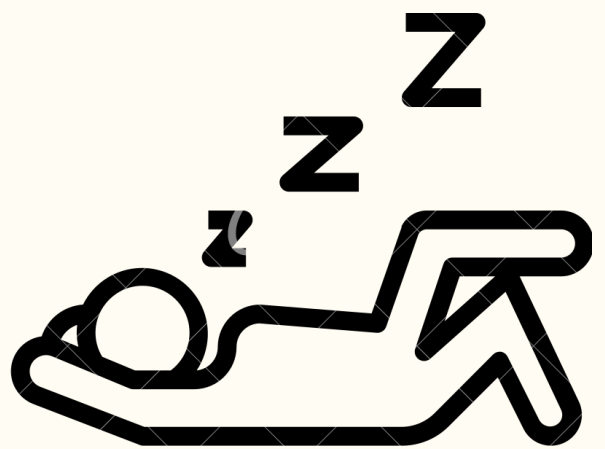Exercise is a great way to release stress.

2

GRAB A HEALTHY SNACK

Eat nutritious meals to fuel the body.
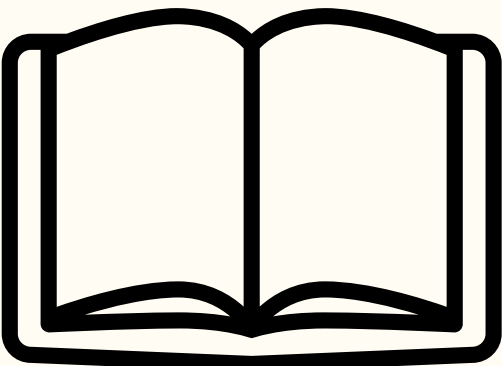
3

CATCH UP ON SLEEP

Sleep is a great way to rest and recharge physically and mentally.
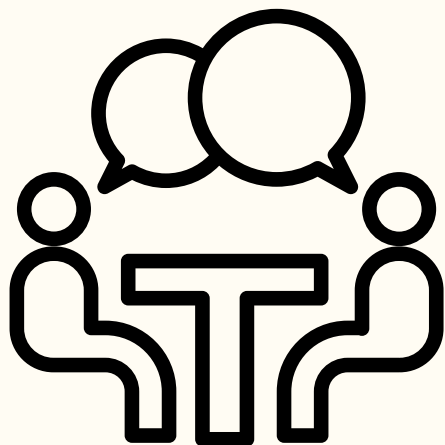
4

READ A GOOD BOOK

Reading is a great way to relax and take a break from daily stress.

5

TALK TO A FRIEND

Talk to a friend or trusted adult is a healthy outlet that reduces stress.

6

HAVE FUN!

Take up a new hobby or find a fun activity to do!