

## **Stress Dump!**

**Write down all of the things that are stressing you out.  
Dump them in the bubbles!**

Create a list and tick off your completed tasks

Talk with someone

Walk barefoot in the grass

Practice Self Care

Express your thoughts and write in a journal

Drawing or colouring

## **Stress Release!**

Here are some ideas on what you could try to relieve your stress. Can you spot one you would like to try?

Explore nature and get some fresh air

Practice coping strategies

Practice Mindfulness activities

Play a game

Apologise if you made a mistake

Practice laughing out loud



The background of the slide is a light blue gradient. It is populated with numerous bubbles of various sizes. Each bubble is semi-transparent and contains a dark silhouette of a person in a dynamic, athletic pose, possibly performing a parkour move or a dance step. The bubbles are scattered across the entire frame, creating a sense of movement and playfulness.

## **Stress Free!**

**Dump all the ideas you would like to explore in the bubbles! Can you think of any more?**