

# POSITIVE STRESS RELIEVERS

Information compiled by Grant Halliburton Foundation

## CONNECT

It can be hard to nurture relationships when you aren't seeing your peers face-to-face. This is when social media and the internet can be so wonderful. Check on your friends, have a virtual dinner date, or chat about what shows you've been watching. Don't put your friendships on the back burner. We need each other now more than ever.

## CREATE

We're not all born with artistic ability, but that's okay – it doesn't mean we can't benefit from putting energy into creating something. Write a story, document this time in history, paint, sketch, color, record videos, organize your closet, bake, take pictures, play an instrument, do anything that gets your creativity flowing!



## FIND JOY

During a time of uncertainty and stress, find small things that bring you joy. These positive outlets cannot be underestimated. Sometimes when you least "feel like" doing them is when you need them the most!

## GET UP

Move your body, break a sweat, and release endorphins in your brain! Everyone has access to the benefits of exercise. Go for a walk, do yoga, dance in your room, ride your bike, find an at-home workout—anything to get up and get moving.

## REST

There are countless distractions and barriers to getting rest, but adequate sleep can affect your mood, emotional stability, and positive thinking. Try starting a nighttime routine to alert your body that you're about to go to sleep; this could include washing your face, doing a 5-minute meditation, putting your phone away, or lowering the lights.

## SPEAK UP

If you're stressed, overwhelmed, or scared, talk to a trusted adult or friend about how you're feeling. Talking about how you feel and expressing your emotions can lighten the load, even if the situation or problem hasn't changed. You don't have to feel what you feel alone.

## TAKE A BREAK

Our society is in a state of information overload. Try to find time in your day to put your phone down and stop consuming news and information about the pandemic. You need to take some time away from it and breathe. Put on some headphones and listen to music you love, do a guided meditation, or just have some "me-time" to reflect and relax.



For more mental health tips and information, visit  
[GrantHalliburton.org](https://www.GrantHalliburton.org).