

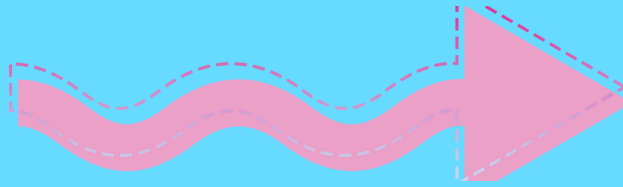
# FBISD Stress Relief Toolkit

Click [HERE](#) to view the toolkit

**Go From This**



**To This**



## Quick Tips:

**Physical Activity:** Engage in light exercise, such as walking or stretching. Exercise releases endorphins, which help to reduce stress.

**Take a Break:** Step away from the stressful situation, even if it's just for a few minutes. A change of scenery or a short walk can help.

**Social Support:** Talk to a friend or family member. Sometimes, simply sharing your feelings can ease stress.

**Laugh:** Watch something funny or engage in an activity that makes you laugh. Humor can lighten your mood and reduce stress.

## Mindfulness Activity

### Glitter Jars

Click [HERE](#) for details



Glitter Jar

A calming and anti-anxiety tool