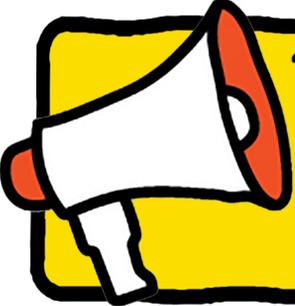


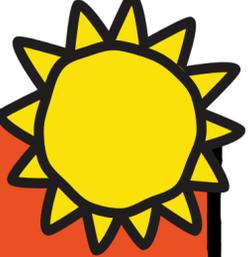
# 4 Rs for Your Mental Health

Feeling worried, sad or frustrated? Take a Day Time Break to reset. Try one of these activities to help take care of your mental health.



## RECONNECT

Talk with a friend or trusted adult.



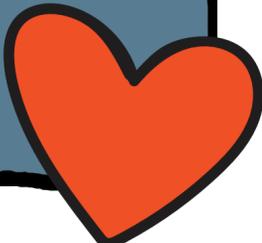
## RELAX

Go for a walk, exercise or dance. Take deep breaths—inhale for 4 seconds, hold for 4, exhale for 4, hold for 4 and repeat.



## RECHARGE

Listen to your favorite music.  
Doodle or draw.  
Laugh—watch a funny video.  
Play a game.  
Read a good book.



## REFLECT

Write in a journal.  
List 5 things you're grateful for.  
Think about something you've done that makes you feel proud.

