

8 Small Things to Help you Feel Better

listen to music



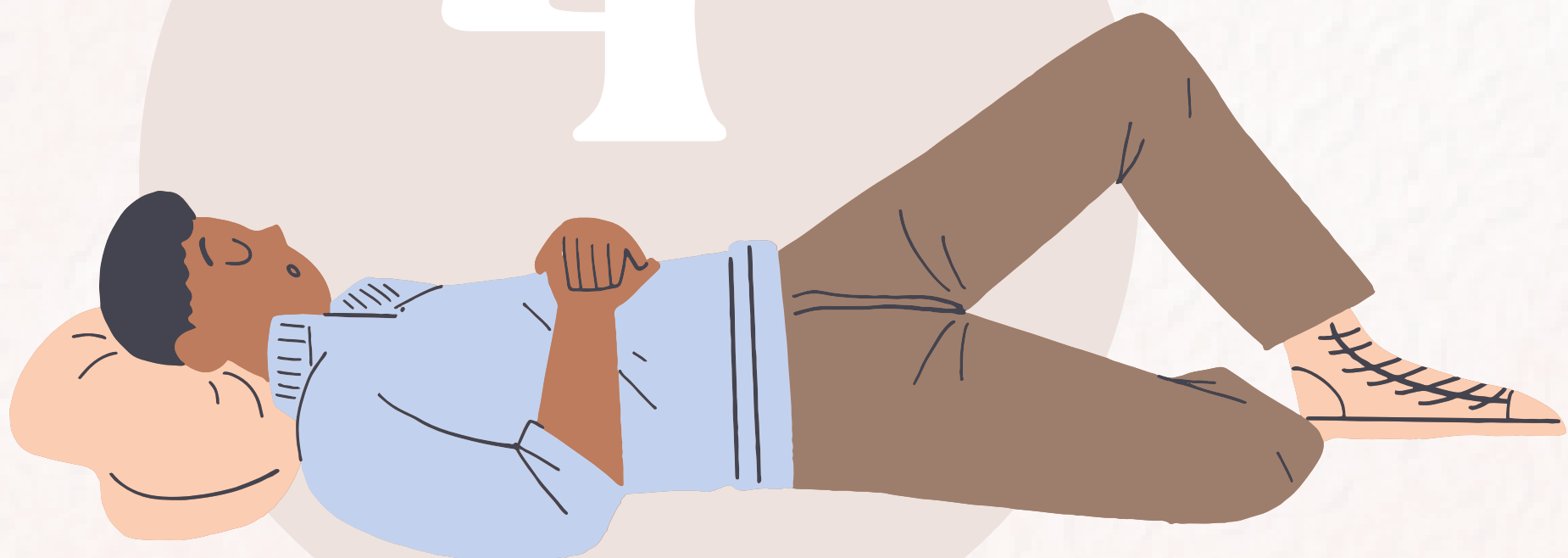
eat a healthy snack



do something active



get some sleep



write your feelings down



talk to a friend



make art



spend time with friends

