

Tips to De-Stress



The Overthinker Owl

Pause, breathe, and jot down your top 3 priorities.



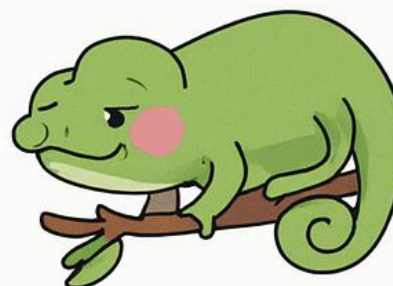
The Busy Bee

Take 5 minutes to pause, stretch, and reset before flying



The Pressure Cooker—

Release steam early—a walk, quick chat, or journaling can cool things down.



The Chameleon

Check in with yourself — ask “What do I need right now?”



Sloth mode

Break big tasks into tiny steps and celebrate each win.



The Joker

Share how you really feel with someone you trust.



The Wild Card

Talk to a therapist