

When You Feel STRESSED OUT

WHOLEhearted
LIVING EDUCATION

...a to-do list for young people



DRAW OR COLOR



UNPLUG +
GO OUTDOORS



READ



BUILD SOMETHING



LISTEN TO YOUR
FAVORITE MUSIC



HYDRATE



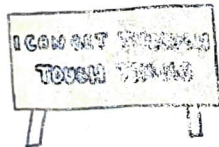
HANG OUT WITH
YOUR FURRY FRIEND



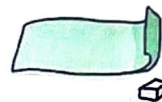
ASK FOR HELP



THINK OF HAPPY
MEMORIES



USE POSITIVE
SELF_TALK



STRETCH OR
DO YOGA



CLEAN +
DE-CLUTTER



EXERCISE



JOURNAL OR
WRITE A LETTER



EXPRESS GRATITUDE



FOCUS ON
THE GOOD