

**BE KIND TO YOURSELF**



**EAT A HEALTHY  
SNACK**



**TAKE DEEP BREATHS**



**STRETCH**



**FEELING STRESS OR ANXIETY?  
TRY THESE COPING  
STRATEGIES.**

**WRITE IN A  
JOURNAL**



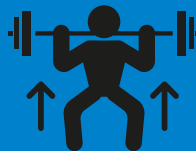
**TALK TO SOMEONE YOU  
LOVE**



**SLOWLY COUNT TO  
10**



**MOVE YOUR BODY**



**988** | SUICIDE & CRISIS  
**LIFELINE**

**Dial 988**

**Or chat [988lifeline.org](https://988lifeline.org)**



**Find more resources at:**

**<https://icash.public-health.uiowa.edu/farm-stress-resources/>**

