

FEELIN' DOWN?

5 TIPS TO GET FROM

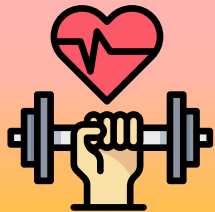


TO



EXERCISE

Get that blood pumping!



TALK

Sit down with a friend or trusted adult and be open



FUN

Do something you enjoy!



HANG OUT

Spend some time with your friends or family



SERVE

Help someone out

