



Stress Busters

1. Show kindness and have patience with others.
2. Try not to take things personally.
3. Get your information from reliable sources.
4. Unplug from news and social media.
5. Focus on what you can control.
6. Get regular sleep, nutrition, and exercise.
7. Take deep breaths to help your brain recover from stress.
8. Do fun things each day.
9. Reach out to supportive family, friends, and neighbors.
10. Seek professional help if you need it.

SHOW-ME
HOPE
MISSOURI

MoShowMeHope.org

For Support:

Call or Text

Disaster Distress Helpline

1-800-985-5990

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