

# The **Keep Chill** Chart

Next time you feel your chill melting away – whether it's while you study, work, or are simply trying to get through the day – break out this handy chart.



## Think Big Picture

Your life is much more than this one moment



## Focus

Do one thing at a time



## Write a Worry List

Make a list of everything you are worried about



## Exercise

Sweat is the slayer of stress



## Breathe

Take slow, deep breaths for 2 minutes

## Call for Backup

Tap your support network for help or just call to vent



## Take a break

Physically step away from your stress



## Clean

A clean space leads to a clear mind



## Reflect and reset

Think about what is going right in your life

