

## Welcome to Summer Fun!

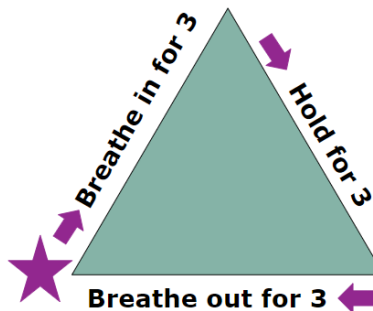
### Week 6: How to Cope with Stress and Anxiety

1. **Watch this video:** <https://www.youtube.com/watch?v=HG3hB8PE2f8>

- What am I surprised about in this video?
- How does this relate to my life?
- What can I do differently based on what I learned?

2. **Challenge:** Practice deep breathing using this diagram:

### Triangle Breathing



3. **Level up challenge:** In your journal, record how you feel after experiencing something stressful and then using a coping technique to manage your stress.