

Take charge of your health!



Dear stress, I'm over you.

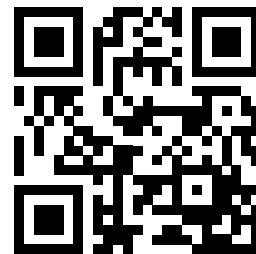
Don't let stress take over your life.

Stress can affect your mood and health, but you have the power to make healthier choices. Ready to feel better and stay safe? It's time to reduce vaping, cannabis, and alcohol use.

Start your journey to a healthier you.

- **Do the things you enjoy**—play with a pet, listen to music, or try a new sport.
- **Rest**—get enough sleep, avoid caffeine, and limit screen time. Skip alcohol, cannabis, and vaping for better rest.
- **Eat well**—drink plenty of water, eat 3 balanced meals a day, and choose nutritious snacks.
- **Get active**—whether you run, walk, swim, skate, or lift weights, moving your body helps reduce stress.
- **Connect with friends**—join a club, call a friend, or simply hang out with someone you care about.

For more resources,
scan QR code or
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Learn more at tpchd.org/youcan.



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities