Axklo

Stress and big feelings

Everyone has hard days. Here's what helps them stay days.

1. Feeling anxious, angry or sad sometimes is normal. **Feeling it for weeks** is a sign to talk to someone.
2. Say it out loud or write it down. It gets lighter once it's out of your head.
3. If you ever think about hurting yourself, reach out right now. The helplines are free and always open.
4. Exams, friends and the future can feel huge. **One bad day isn't your whole life.**
5. Pick one person you could tell: a friend, a family member, a teacher, a counsellor. Just knowing who helps.
6. You can't pour from an empty cup. **Rest isn't lazy.**
7. Burnout builds slowly. If you're exhausted most days, change something before it changes it for you.
8. If low mood or worry doesn't lift after a couple of weeks, see a doctor or counsellor.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help