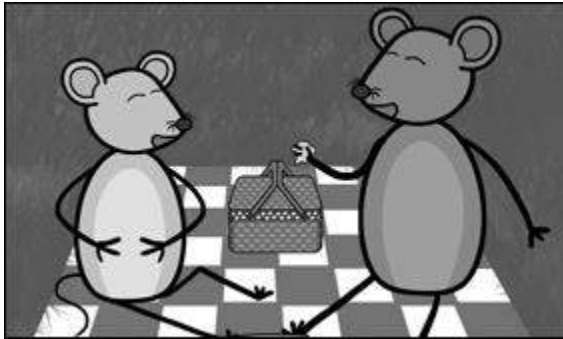
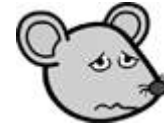


# How to Relax

## With the Nervous Mouse



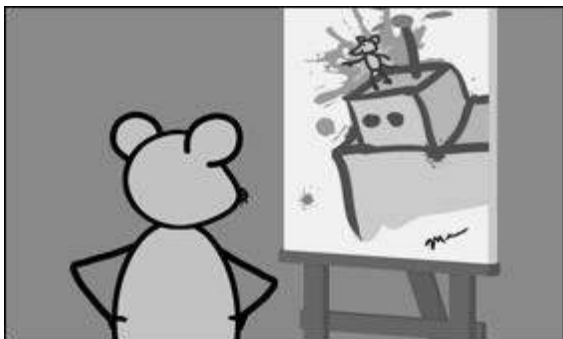
### Talk About It

Find a parent, a teacher, a friend, or anyone else you trust to talk about whatever is making you nervous. Sometimes, just talking is enough.



### Take a Deep Breath

Take in a real big breath. Fill your body with air. Blow the air back out slowly, and imagine your worries leaving you with your breath. Do this five times.



### Practice a Hobby

Go do something you love. You can play outside, paint a picture, play a game, or just about anything else that will take your mind off of your worries.



### Feeling Nervous Can't Hurt You

Remember that it's normal to feel nervous sometimes, and the feeling cannot hurt you. As time passes, you will start to feel better.