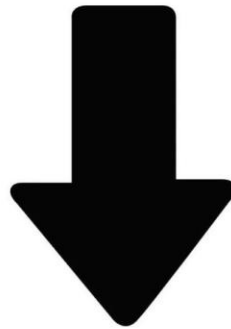


# Get The Help You Need

Do not internalize your pain. Talk to someone about your problems. If you feel like you can't talk to anyone then try to refer to the following numbers. If you are going through a tough time the worst thing to do is try to handle it all on your own.

Peace of Mind IB Peace Project



Depression: 800-826-3632

Suicide Prevention: 800-784-2433

Domestic and Dating Violence:  
800-992-2600

National Mental Health Association  
Hotline: 800-273-TALK (8255)

National Hopeline Network:  
800-442-HOPE (4673)

Depression: 800-826-3632

Suicide Prevention: 800-784-2433

Domestic and Dating Violence:  
800-992-2600

National Mental Health Association  
Hotline: 800-273-TALK (8255)

# It's Hard To Get The Right Amount Of Sleep During This Time Of The Year

**Peace of Mind IB Peace Project**

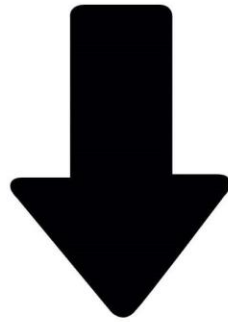
**If You Are Sleeping Less Than Usual You Should At Least  
Follow These Guidelines To Stay Healthy**

- Drink Lots Of Water- Dehydration Can Lead To Migraines, Dizziness, Muscle Damage, And Fevers
- Eat Breakfast- Skipping Breakfast Can Have Negative Effects On Your Energy And Mood
- Eat Before You Sleep- Going To Bed On An Empty Stomach Can Cause Sleep Loss
- Try To Get As Much Sleep As Possible- Sometimes Sleep Is More Beneficial Than Studying

# Stress relief!

## Please take a stress relieving tab!

Peace of Mind IB Peace Project



Take some deep breaths!

Go for a run or a swim to relax!

Try taking a nap or get some extra sleep!

Try some meditation!

Try talking to someone!

Listen to music or watch tv/netflix!

Take a walk to clear your head!

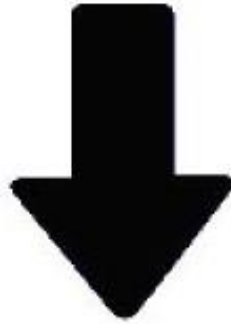
Write down your problems!

Read a book or watch youtube!

# Free compliments!

## Please take a free compliment tab!

Peace of Mind IB Peace Project



You are beautiful!

Your eyes are the prettiest color!

I love that shirt you're wearing!

I love the way your hair looks today!

Your presence lights up a room!

I love your smile and the way you laugh!

Today is going to be a great day!

Your outfit is on point today!

You look so amazing today!