



Ugh. I can't sleep and I am so stressed!

Have you tried a breathing exercise?

No, what's that? Will it really help?

I felt so relaxed after I did it!
Check out this screenshot!

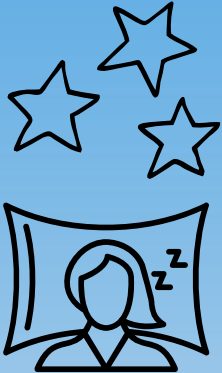
Also, If you feel stressed and can't sleep often you can talk to your doc for more help.



Marion County
OREGON
Health & Human Services

Did You Know?

- People between ages of 13-18 need 8-10 hours of sleep per night
- Good sleep helps develop our memory and process emotions
- Lack of sleep can increase feelings of stress, anxiety, depression, irritability, brain fog, hyperactivity and anger



Scan the QR code for more resources

