



*How to Handle  
Life's Little Problems*

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## Spin Like a Helicopter

Remember when you were a little kid and you used to throw your arms out wide, then spin, spin, spin like a helicopter? It felt sooooo good! You would spin until you couldn't spin any longer, then fall to the ground and feel the world seem to spin around *you*.

You don't need to be a little kid to "helicopter." Recapture that fab feeling of abandon by going for a spin right now.

Does the word STRESSED give you stress? Just read the word backwards. Now it says DESSERTS!

## Change Your Perspective

What do you see in this picture?



Some people see a vase. Some see two faces. Both are right. It just depends on how you look at it!

It's the same thing with problems: you can get stuck seeing them in one way. But change up your point of view and the same situation can suddenly look completely different.




## Take a Walk

When you take a walk, you don't need to have a destination. Just getting outside and stretching your legs feels good.

Start out fast. Take long, quick strides. Let your arms swing freely. Get that blood pumping.

After a few minutes, slow your pace. Look up at the sky. Pay attention to what's happening around you. What do you hear? What do you smell? What's *different* from the last time you walked along this route?



You can turn almost any activity into a game. Need to tidy your room? Assign points for every item you put away. When you reach a predetermined goal, you win! (Don't forget to give yourself style points for folding with flair.)

## Play a Game

It can take two minutes (Tic-Tac-Toe) or all day (Monopoly).

It can be something you play on your own (Solitaire) or something you play with someone else (Tag).

You can play a game with pencil and paper (Hangman), a ball (HORSE) or a console (Minecraft).

You can play with a baby (Peekaboo!) or even a pet (Fetch!).

Whatever game you play, you'll win big at reducing stress.