



How to Deal with Stress

Relax

- Take slow, deep breaths
- Close your eyes and imagine yourself in your favorite place
- Tense your muscles for 5 seconds, then relax. Start with your feet, then move up to your head tensing one muscle at a time.
- Read a book, listen to music, or play with your pet

Exercise

- Exercise can help release stress and tension
- Go on a walk or jog
- Play your favorite sport, dance, or do Yoga or Zumba

Manage Your Time

- If you feel too busy, try cutting out the activity that is least important to you
- Get a calendar to help you organize your time

Get Support

- Talking with a trusted friend or family member can help you de-stress and give you a new perspective
- Isolating and keeping it all inside will make you feel worse. Talking about your feelings and socializing with others can help.

Watch Your Thoughts

- Your thoughts are powerful and can influence the way you see things
- Instead of focusing on the negative, try to find the positives of each situation...things may not be as bad as they seem.

Get Involved

- Getting involved helps give your life balance and can decrease stress
- Schedule breaks and fun activities for yourself
- Find a new hobby, join a club or group, try a new food, or volunteer

Be Realistic

- Don't try to be perfect, since no one is. Don't expect others to be perfect since this can add to your own stress.
- If you need help on a school project, ask for it
- Set realistic goals for yourself. Don't take on too much and remember you can't do everything.

Sleep

- Getting enough sleep will help you deal with stress better

