

Stress Management Tips

Use positive self-talk.

- Find a statement that you can say to yourself, “one step at a time,” “This is a lot to do and I will get it done one problem or assignment at a time,”
- Remind yourself of your skills and strengths, “I have the skills to complete each assignment” or “I’m smart, capable and am up for this task.”

Recognize when you are feeling overwhelmed and take a break.

- Know your triggers – certain subjects? time of day? Look for a pattern.

Take care of your body

- Exercise
- Get plenty of sleep
- Eat a healthy diet

Carve out 30 minutes to relax before you go to bed.

- Make this screen free time.
- This will help you to relax and prepare your body and mind to go to sleep.

Talk to someone.

- Find at least 2 people who you can talk with.

Focus on one task at a time.

Make time for activities that you enjoy.

Know what you can control and what you cannot control.

For more tips, check out this website -

http://teenshealth.org/teen/stress_coping_center/stressful_feelings/stressful_feelings.html?tracking=T_RelatedArticle#