

Tips for Managing Stress

A Handout for High School Students and Their Families

High school can be stressful. Classes are challenging and homework is assigned almost every night. There are other things to balance too like athletics, activities, as well as time with your family and friends. Here are some tips from the Sunset Counseling Team to help you manage stress so that you can enjoy all parts of life in high school.

1. **"Rest is a tool"**- sleep is important to help you stay positive and alert in school. Some research even says that when we study then sleep, we remember things better. That is why teachers always tell you to get a good night's sleep before a test!
2. **Keep yourself healthy**- eating a balanced diet, exercising and avoiding drugs and alcohol are all habits that keep both your mind and body healthy. Exercise helps you work out stress, and healthy fruits and vegetables give you the energy you need to succeed in your classes!
3. **Develop your relaxation and coping skills**- stressful things like tests are a part of high school. The good news is that there are lots of ways to help you relax so that you can feel powerful in the face of stress. Some students exercise, others follow a spiritual practice; some students make lists of to-do items, others journal about what is bugging them. Find the skills that work for you; and, if you need more ideas come see your counselor!
4. **Build your "go-to" team**- everyone needs a "go-to" team of people to talk to when they are feeling stressed. Your parents, siblings, relatives, counselor, teachers, coaches, and friends could all be part of that team. The key is to keep in mind at least 3 people that you know you could go to when you need to talk about a frustration. Then when the time comes that you need support, you will already know who you could talk to! (Plus, they are the people that will want to help you celebrate your successes too!)
5. **Keep it positive**- did you know that just trying to see the good side of things is associated with staying healthy? It's true! So when tough things happen, try to see what you can learn from them and if there are any opportunities to try a new path forward. It is amazing how many new possibilities in life a positive attitude can help you see!