

Topic: Stress Management

Breathe

We invite you to try an ancient Japanese technique of self-relaxation that will not take you more than 5 minutes and can be done just about anywhere. To practice the technique, it is important to understand that each of the fingers of our hand represents a different feeling or attitude.

Click on the picture below to experience this!



Learn

Teen years are stressful. 9 out of every 10 teens said they have experienced at least one physical or emotional symptom because of stress, such as feeling depressed or sad or lacking interest, motivation or energy. You are not alone.

What helps to shift feelings of stress?
Click below to learn 5 tips to help cope...



Move

Moving our body helps wipe out stress. Sometimes it can be hard to shift from sitting to exercise. Try the video below- its under 15 minutes- and notice how you feel before you start, then how you feel after you finish. Big change! Let's MOVE 😊



Grow

Time to reflect and journal. Daily writing can be a challenge if you're new to it. Much like meditating, it requires patience and commitment. But if you stick to it, it can improve your life in significant ways.

Click below to work through a personal plan for reducing your stress. The part you fill in starts on page 5.

My Personal Stress Plan

PART 1: TACKLING THE PROBLEM

Point 1: Identify and Address the Problem.

When I have too many problems, I will work on just one at a time. For example, I am going to pick one huge problem and break it into smaller pieces.