

STRESS

Healthy Coping Strategies

Breathe

Breathing has been proven to relax our bodies. Take 5 deep breaths. See how slow and deep you can take in a breath. Hold it for 3 seconds. Let go. Think about your breath as you're breathing. [BELLY BREATHING](#)

Physical Activity

Stress is a physical response in your body, so what better way to deal with it than physically? Go for a run, shoot some hoops, yoga, push-ups, walk your dog, ride your bike, hike with friends, just get active!

Rest Your Body & Your Mind

A lack of sleep can cause even more stress than you were dealing with before. If you can, dim your lights and avoid screen time at least half an hour before you're ready for bed. Avoid caffeine during the evening. And try to go to bed around the same time every night. You may have a lot of homework to do (which may cause more stress!) but try to stop doing it at least an hour before bed so your mind isn't so busy when you're trying to get some shut-eye. If you are burning the candle at both ends, take a breather and give yourself a break.

Talk It Out

Bottling up stress can be damaging- try venting to a friend or writing down your stresses in a journal. A friend or trusted adult may be able to help you shift your perspective from the glass half empty to the glass half full and maybe even help you find some solutions. Find a trusted person. Therapy can help too!

Take Control

Learn what you do have control over and make an action plan. Ask yourself: Can I do something about this? If the answer is yes, then do it. If you have a lot on your plate, try making a to-do list and focusing on one item at a time until you knock them all out.

Acceptance

There are things in life that we can't control. Life happens and it's not always fair, and that can be stressful. Remind yourself of something that you're grateful for and try to let go of the things you cannot change and focus on the things you can.

Socialize and laugh

Take a break and watch some funny cat videos with friends. Be silly and laugh it up. Laughter can lighten the mood and offset the stress response. Friends and family can also be great stress-buffers and take the mood off the icky.

Eat well

Eating healthy food affects both your physical and mental health (both are related to the stress response!)

Animals and Nature

Pets can be great sources of stress-relief. Getting out in nature can also be a great source of relief from your stress.

Mindfulness/Calm Apps

There are lots of great apps out there that help when facing life stress. Check out "Headspace, Calm, Mindfulness Coach, HappiMe, MindShift, iBreathe, HelloMind, GoNoodle, Emotional and Mindful Minutes

Soul/Spirit Connection

Meditate, relax, talk to a spiritual advisor, journal, take a gratitude walk.