

MANAGING EXPERIENCE STRESS

Here are some easy, healthy ways to help relieve stress:

- Ask for help — you don't have to face everything on your own. Talk to people you trust and look for good listeners. You can discuss what stresses you out, or just benefit from good conversation.
- Breathe deeply. This simple act can lower your anxiety level.
- Eat three healthy, balanced meals a day. The body needs good fuel to deal with stress.
- Get plenty of sleep. It helps to be well rested and recharged.
- Make time to relax. Take a break from a tough task to do something you enjoy. Walking outside, listening to music, practicing yoga, and playing with a pet are a few good options. You will be able to work more effectively after a short, relaxing break.
- Exercise regularly; even just 15 minutes a day can help, but more is always better.
- Break tasks down into small steps so they are less overwhelming.

If stress is a serious issue, and it seems like there is too much to handle, consider:

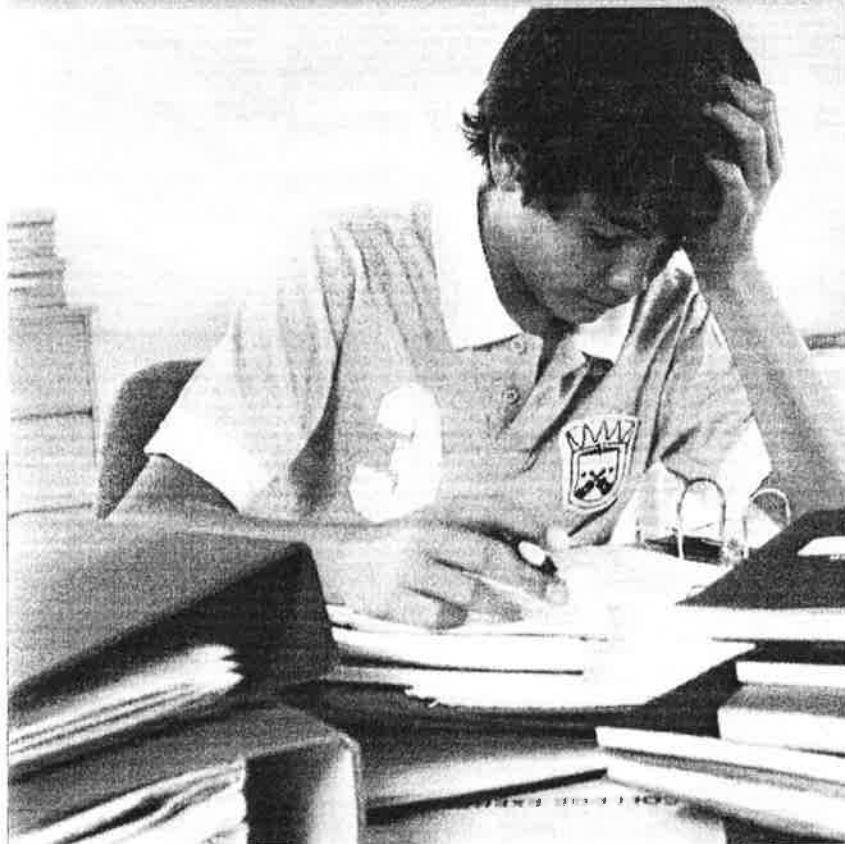
- Cutting out some extra activities from your schedule
- Keeping a stress journal to organize your thoughts
- Talking to a school guidance counselor
- Talking to a therapist

NOT ALL STRESS IS BAD

If you enjoy certain challenging activities, you can experience positive stress when you do them. However, be sure to give your body time to recover so it can continue to manage daily stress.

TIPS FOR STAYING ON TOP OF STRESS

- Take care of your body. Regular exercise, a healthy diet, and enough rest and sleep will prepare your body for daily stress.
- Think positively and don't dwell on things that get you down.
- Focus on your achievements.
- Tackle one task at a time. Don't attempt too much at once.
- Prioritize assignments in order of importance or urgency.
- Keep a reasonable schedule and don't try to do too much.
- Plan ahead and set up a reasonable timetable. Add time for breaks and rests in between tasks.
- Try not to worry about things you can't control, or that might not even happen.
- Forgive yourself and others. Guilt and grudges increase stress.
- Make time for the things you enjoy.



REMEMBER

- Stress is normal.
- Do the best you can and try not to compare yourself to others. Everyone is unique and has something special to share.
- Surround yourself with positive people who make you feel good.
- Life is always changing and full of ups and downs. What is stressful today may not be important tomorrow.



REVIEW YOUR DAY
REFLECT ON YOUR
DAY AND DECIDE
WHAT WAS WORKING
DOING AND CUT
OUT THE UNNEEDED
AND STRESSFUL,
THEN (TOMORROW)
SPEND MORE TIME
ON WHAT IS
WORTHWHILE AND
NECESSARY."

—NIGHTINGALE

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For more information on how to deal with stress,
visit the following sites:

- *For Teens*
[www.aacap.org/cs/root/facts_for_families/
helping_teenagers_with_stress](http://www.aacap.org/cs/root/facts_for_families/helping_teenagers_with_stress)
- *For General Stress Management*
[www.helpguide.org/mental/
stress_management_relief_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)
- *For Parents Seeking Help for Their Children*
[www.aacap.org/cs/root/facts_for_families/
where_to_find_help_for_your_child](http://www.aacap.org/cs/root/facts_for_families/where_to_find_help_for_your_child)
- *For Eating Disorders and Disordered Eating*
www.medainc.org

If stress becomes overwhelming, the following
24/7 hotlines are available:

- *Samariteens (Teen-to-Teen support)*
1-800-252-TEEN (8336)
- *Suicide Prevention Hotlines*
1-800-SUICIDE
1-877-870-4673
1-800-273-TALK (8255)

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COPIES OF THIS BROCHURE,
PLEASE CONTACT:

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