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Tips to help cope with stress

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- 1 Breathe! Just close your eyes and focus on the in and out of your breath for at least 2 minutes.
- 2 Try to identify the sources of your stress. It's easier to address things that you know about.
- 3 Talk with someone about your thoughts and feelings.
- 4 Take a walk. Research shows that even a short walk outside reduces stress.
- 5 Get some sleep! Be sure that you are getting enough sleep to help with focus and stay healthy.
- 6 Have quiet time with a pet.
- 7 Practice relaxation exercises including muscle relaxation techniques, breathing or meditation.
- 8 Focus on your strengths and write down 5 things that you are proud of.
- 9 Exercise. Get those good endorphins going!
- 10 Do things that make you happy. Have some FUN!
- 11 Focus on what you can control.
- 12 Create balance in your life and your schedule.
- 13 Avoid excess caffeine, illegal drugs, alcohol and nicotine.
- 14 Take a break – read a book, listen to music, draw a picture, play catch, just do something you love.
- 15 Set small goals that can be accomplished
- 16 Spend time with family and friends.
- 17 LAUGH! It's good for your health.
- 18 Turn screens (computer, tv, phone) off 1-2 hours before bed for a better night's sleep.
- 19 Practice or role-play situations that cause stress.
- 20 Eat regularly and try to focus on healthy snacks and meals to fuel your body.
- 21 Talk to a trusted adult about healthy coping mechanisms and brainstorm ways to help.
- 22 Make sure you have time in your life for PDF – playtime, downtime and family time - every day.
- 23 Find ways to do something for others. It will make you feel good.
- 24 BE KIND TO YOURSELF – realize that you don't have to be perfect.
- 25 Remember that it's okay to not be okay. Ask for help when you need it.

Remember that your worth is not based on your grades, how you do on a test, or how well you perform in other areas of your life. You are wonderful and valuable and important simply because you are YOU!

