

Managing Stress

Stress is a normal part of dealing with the many changes you are experiencing. However, too much stress builds up and may result in physical or emotional problems. Here's what you can do to cope effectively with stress:

1

RECOGNIZE YOUR STRESS. Instead of trying to deny the feeling, pay attention to what you are feeling. Notice how it may be affecting you; maybe you feel tension or you are feeling a lot of pressure. Maybe it's making you sad or angry. Paying attention to your reaction is the first way of resolving it.

2

TALK ABOUT IT. Stay in touch with others, hang out with friends, or talk to a trusted adult. Talk to someone who really knows you and what you are up against. Ask them to just listen as you explain your situation. Talking through things calmly can help.

3

THINK ABOUT WHAT HELPS YOU COPE. Remember other times when you made it through a stressful event or situation. Focus on what helped you during those times.

4

KEEP YOUR COOL. Find a little time to relax and chill. Remember to breathe; a few extra deep breaths can do wonders.

5

DO WHAT YOU LOVE. Whatever you enjoy the most will help you get through the situation. If you like to listen to music, do it. If you like to read, find a good book.

6

REMEMBER THAT STRESS IS TEMPORARY. Sometimes situations that are stressful seem like they will never end. Remember that the intensity of whatever may be stressing you out will pass in time.

7

GET MOVING. Go for a walk, a run, or play your favorite sport. This is a good time for activity. Any form of exercise can help reduce your level of stress.

8

HELP OTHERS. Focusing your attention on others can often help you put things in perspective.

9

TAKE CARE OF YOURSELF. Losing sleep, not eating, and worrying can make you sick. Try to keep a normal routine in taking care of yourself.

10

DO NOT USE ALCOHOL OR DRUGS. While they make you feel better for the moment; alcohol and drugs will make you feel worse and increase your stress level in the end.

Visit www.braverytips.org for more information on coping.