

Easy & Healthy Ways to Cope with Stress

- *Ask for help-talk to a counselor, or another adult you trust.*
- *Breathe deeply*
- *Eat balanced meals-give your body the fuel it needs.*
- *Get plenty of rest. Your body needs to recharge.*
- *Make time to relax. Take a break and do something you enjoy.*

Breathe
and make time for yourself

Easy & Healthy Ways to Cope with Stress

- *Exercise regularly-even 15 min. can help burn off some anxiety.*
- *Break tasks down into small manageable parts.*

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

- ◆ *Keeping a stress journal*
- ◆ *Talking to your counselor*
- ◆ *Reduce extra activities*



Stress & Anxiety



Stress is the body's natural reaction to change & challenges. We experience stress when we play sports, when there are deadlines to meet, when we get sick, during tough exams, or during different times in our relationships.

We all react to stress in different ways. Although stress can help us be more alert and prepared when we need to be, it can also cause emotional and physical distress.

BHS Counselors

