

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



Causes of Teen Stress.....

At school and at home there are plenty of things that can cause stress. Homework, tests, college applications, moving, and friends can all add to our stress loads. Stressful issues at home can include parents' expectations, loss of a loved one, and dealing with our brothers & sisters.

Teens also face changes to hormones, peer pressure and changes in relationships. It is easy to understand why so many teens may feel overwhelmed. As stress begins to build, it is important to deal with it in a healthy way, or it can cause energy problems, compromise your immune system, and lead to anxiety problems.

Not all Stress is Bad...

If you enjoy challenging activities, like sports, you can experience positive stress when you do them. 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, healthy diet, and enough rest 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.
- ◆ Prioritize your assignments in order of importance and urgency.
- ◆ Plan ahead and set up reasonable timetables. Set time for breaks, but no turn your electronics off 1 hour before bedtime and keep them off; you'll sleep much better.
- ◆ Try not to worry about things you can't control.
- ◆ Forgive yourself & others,! Guilt and grudges increase stress.
- ◆ Check in daily with someone you

UNHEALTHY COPING HABITS

- Alcohol, and drugs can become addictive and add more stress in the long run.
- Irregular eating habits put a strain on the body.
- Avoid caffeine & high sugar foods and drinks, they negatively affect thinking cause jitters and restlessness, not only do they decrease energy when they wear off, but they can actually **double** your chance of experiencing depression.
- Withdrawing from friends & family. It's important to talk with others (even just to vent)
- Spending too much time on Social Media can cause too much stimulation and keep your brain from getting the rest it needs.

