

Teen Stress Management

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TEEN STRESS IS ENTIRELY AVOIDABLE WITH GOOD STRESS MANAGEMENT SKILLS

USE METHODS TO INTENTIONALLY PREVENT STRESS OVERLOAD FROM HAPPENING:

- Take deep breaths/Practice deep breathing exercises
- Watch your thoughts/think positive
- Find time EVERY DAY just to relax and cool out
- Exercise daily
- Eat a nutritious meal or snack
- Take one thing at a time
- Set realistic goals
- Prepare for tests early
- Learn from your mistakes
- Forgive yourself and others
- Get involved with things you like to do
- Pray or read something inspirational
- Visualize and mentally rehearse goals and hoped for outcomes

HAVE METHODS AT THE READY TO INSTANTLY RELEASE EXCESS STRESS AS SOON AS YOU NOTICE IT BUILDING:

- Go for a run or a brisk walk
- Throw some hoops, anything to get out of your head
- Put on some upbeat music and dance just for yourself
- Laugh. Laughing is an instant stress reliever
- Visualize how you want to respond more constructively
- Keep a journal of positive thought to lift you up in down times
- Learn acupressure points to reduce headaches
- Talk problems over with a friend or counsellor
- Never dwell on your weaknesses, switch your mental dial to more positive channel
- Keep reminders in sight of your accomplishments
- Start a dream board with images of your goals and dreams
- Stick a map with pins indicating places you'd like to go
- Do muscle tension relaxation exercises
- Punch a pillow
- Sing loudly with the headphones on
- Stop worrying about things that may never happen
- Take a break, make time for fun
- Do something kind for others
- Say something positive to someone



LEARN GOOD PROBLEM SOLVING SKILLS

- Brainstorm solution
- Think of the consequences
- Choose a solution
- Evaluate your choice