

# Managing your *Stress*

When life gets you down, find ways to help pick yourself back up!

*What causes stress for one person may not cause stress for another person.*

**Here are a few things that may be leaving you feeling stressed out:**

- School demands
- Changes in your body
- Problems with friends
- Having a job
- Family issues
- Unsafe living environment
- Having too high of expectations
- Negative thoughts about yourself

*Dealing with stress in a healthy way can help you feel in control and maintain a happy lifestyle!*

**Here are some tips to help you deal with stress:**

- Exercise regularly
- Maintain a healthy diet
- Avoid excess caffeine which can increase feelings of anxiety and anger
- Avoid illegal drugs, alcohol, and tobacco
- Learn relaxation exercises (Yoga!)
- Discover a new hobby
- Learn a new skill
- Take a break from stressful situations
- Rehearse and practice situations which cause stress (Practicing a speech before a big presentation)
- Break down large tasks into smaller tasks
- Avoid negative self-talk (Stay positive!)
- Surround yourself with friends and family who influence you in a positive way



*Stress can affect everyone differently.*

**Here's what you may be feeling from having too much stress:**

- Anxiety
- Withdrawal emotionally and physically from your daily life
- Aggression
- Depression
- Physical illness
- Poor coping skills

