

Stress Management Tips

Relax & Slow Down

What can you **not** do today that will allow you some free time to exercise, relax, have fun, and make yourself feel good? Take a time out. A few minutes away from the problem can help. Here are some things other people like to do when they're feeling stressed:

- Find something to make you laugh
- Be a kid for a couple of minutes
- Listen to music
- Have a bath
- Play a musical instrument
- Have a warm cup of tea

Exercise for Fun

Did you know that one of the best ways to deal with stress is **exercise**?

- Stress produces chemicals in your body that make you feel edgy and tense. Your heart beats faster. Your muscles get tight. You breathe harder and your blood pressure goes up.
- Exercise moves those chemicals out of your body. It reduces muscle tension and takes your mind off of problems.
- Exercise helps you sleep better and improve the quality of sleep, making you feel better rested.

Choose activities you'll enjoy. The type of activity that will relieve your stress best depends on your personality and lifestyle. If you usually do quiet activities, vigorous exercise may be best. If you are active, calming exercise may be better.

Get Plenty of Rest & Eat Well

Teenagers need lots of sleep because they are growing and developing at a furious pace. Not getting enough sleep can give you bad skin, make you clumsy and emotional, and make it hard to concentrate. Keeping your sleep on a schedule helps, too. Go to sleep and get up at the same time every day. Eating well means eating a variety of foods, in moderation, that are high in vitamins and minerals, and provide a balance across the food groups. The basic rules are:

- Eat breakfast
- Eat 5 servings of fruits/vegetables each day
- Do not eat too much junk food
- Do not skip meals
- Get enough iron and calcium
- Drink 8 glasses of water per day

Discuss Your Problems

Don't feel alone with your problem. Chances are good that other people feel the same way too. Ask for help. If you feel like your stress is just too much, talk with your parents, siblings, or a counselor.