

# STRESS RELIEVING IDEAS

You may not always be able to control your physical reactions to stress, but you can develop and practice healthy coping skills to manage stress. Below are a few common techniques that can help you manage stress -- the most important thing to do is to come up with a few that work for YOU!



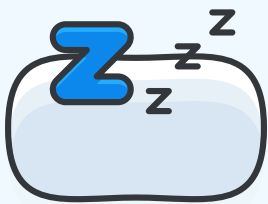
## DEEP BREATHING

Deep breathing helps to enhance relaxation. When you begin to feel stressed your breathing becomes more shallow, your heart rate increases, and you may notice other physical symptoms. When you are feeling stressed, worried or even mad, slowing down the breath for a minute can help calm down the amygdala and make you feel calmer.



## LISTEN TO MUSIC

Listening to music can be enjoyable and relaxing. It can brighten your mood and help reduce the level of stress you were feeling.



## GET ENOUGH SLEEP (8-9 HOURS)

Having enough sleep is important so you can be your best self. When you are faced with stress and have had a good night's rest, your brain and body will be better equipped to respond and handle the difficult experience.



## EAT A BALANCED & HEALTHY DIET

Eating a balanced and healthy diet helps your body be ready when stressful situations arise. Diets that are high in fat, sugar, caffeine, salt and additives can make it harder to fight stress and even contribute to stress in your life.



## TAKE A WALK AND MAKE SURE TO GET REGULAR PHYSICAL ACTIVITY

Getting regular physical activity is important for reducing stress levels and it can also prevent some of the damaging effects of stress can have on the body.



## TIME MANAGEMENT

Time management is important because keeping lists, being on-time, not procrastinating and staying organized all are proven stress-fighting strategies.



## TALKING TO A TRUSTED ADULT

In some situations, it can be helpful to talk to a trusted adult. This person/people might be able to help find new or different ways to cope or handle the stressful situation.