

10 WAYS TO REDUCE STRESS



These 10 tips will help you manage stress, find your calm, and get more enjoyment out of life.

1. IDENTIFY YOUR STRESSORS. Make a list of the things that are stressing you out and determine how each can be dealt with. Having a plan will help you feel less over-whelmed and more empowered.

2. TAKE TIME FOR YOURSELF. Do something that has made you feel calm and relaxed in the past. Listen to music, go for a walk, or spend time in nature.

3. IF IT'S BEYOND YOUR CONTROL, LET IT GO. If you're stressed about things you can't change, let those worries go completely.

4. RELAX. Close your eyes and imagine a relaxing scene. Breathe in slowly and slowly exhale. Repeat.

5. EAT HEALTHY. Having a healthy diet improves your mood, motivation, and mental health.

6. GET ENOUGH SLEEP. The amount of sleep you get affects your mood and your ability to tackle problems. Never sacrifice sleep to get everything done.



7. WRITE IN A JOURNAL.

Writing down your thoughts and emotions, including what's causing you stress, can be a good way to work through your feelings.

8. LEARN TO SAY NO.

Sometimes simply having a lot to do—even things you enjoy and want to do—can cause you stress. Know that it's okay to turn down requests and invitations.

9. GET ACTIVE. Moving your body is a very effective stress reliever. Whether it's shooting some hoops, doing yoga, or just going for a walk, being active can help you clear your mind and feel calmer.

10. GET SUPPORT. When you're feeling stressed, reach out to others for support. Talk to a parent or family member, a favorite teacher, or your counselor.

Stress and anxiety are closely related. For some tips on how to deal with anxiety, watch this short video.

