

Here are some ways to deal with stress:

- Talk to a trusted family member
- Walking in Nature
- Laughter
- Leaving the Scene
- Exercise
- Talking to a Friend
- Deep Breathing
- Listening/play Music
- Playing a game
- Caring for a Pet
- Reading a book
- Helping Someone
- Meditating or Praying
- Listing things that you Happy
- Write in a Dairy
- Paint your Nails
- Make Art
- Fidget with Stress Toys
- Count to 10
- Take a bath
- Sleep/nap

- Identify the stressor
- Acknowledge how you're feeling (rapid breathing, increased heart rate, sweating, dry mouth, unsettled stomach, changed body temperature, aches and pains)
- Be aware of the cause

Say to yourself, "I'm stressed about failing Calculus." or "I'm stressed about the team tryouts." or "I'm stressed about my relationship with my boyfriend or girlfriend."

Step 2 Own It:

- **Don't be ashamed of your stress!** Know that if you're stressed about something, it's because it is connected to something you care about. If it weren't important, you wouldn't be stressed about it.
- Realize that **stress is normal** and affects everyone around you. Your friends know what it's like to feel overwhelmed which makes them a good person to talk to because they can relate to how you're feeling.
- **Stress is part of life** and there can be healthy amounts of it.