

Coping with **STRESS** *for Teens*

Stress is a part of life & can be good or bad. Too much stress can be hard to deal with & can lead to mental & physical health issues. It can lead to other problems like anger, aggression & increased use of alcohol, tobacco or other drugs.

There are many positive ways of COPING WITH STRESS. What works for you?

Be healthy - Eat healthy foods & exercise. Being fit & healthy, proper sleep habits and regular, moderate exercise helps ease tension, improves sleep & increases self-esteem.

Talk About It! - If something is troubling you, open up. Share instead of carrying it all on your own. Talk to friends & family & don't be afraid to ask for help.

Don't put things off until last minute - It adds pressure & creates more stress.

Laugh - Don't take things too serious...humor is important! Laugh with your friends, think positive & have fun.

Know your priorities - If having too much to do is stressing you out, find out what's most important. Do one thing at a time & don't try to take on more than you can handle.

Be flexible & adapt to change - Change is a fact of life & seeing things from another point of view will help you deal with life's challenges.

Relax & take time for you - See a movie. Listen to music. Enjoy a hobby. Call a friend...whatever it is, do it just for you.

Be willing to seek help when needed - Talk to someone you trust like your parents, teacher, guidance counselor or friend.

Are you stressed?

Strangely, we are not always aware that we are under stress. Know what causes you stress and learn positive ways to cope with stress.

Test your Stress Level

Kids Help Phone

Mental Health Crisis Line

NL Health Line

1-800-668-6868

1-888-737-4668

1-888-709-2929

What causes you stress?

School? Relationships?

Friends? Peer Pressure?

Parents? Decisions?



Test Your Stress Level?

Do You Often:	YES	NO
Ignore your diet?	___	___
Try to do everything yourself?	___	___
Blow up easily?	___	___
Seek impossible goals?	___	___
Fail to see the humour in situations others find funny?	___	___
Act rude?	___	___
Make a 'big deal' of everything?	___	___
Look to other people to make things happen?	___	___
Have difficulty making decisions?	___	___
Complain you are disorganized?	___	___
Avoid people whose ideas are different from your own?	___	___
Keep everything inside?	___	___
Neglect exercise?	___	___
Have few supportive relationships?	___	___
Use drugs or alcohol to deal with stress?	___	___
Get too little rest?	___	___
Get angry when you are kept waiting?	___	___
Ignore stress symptoms?	___	___
Put things off until later?	___	___
Think there is only one right way to do something?	___	___
Fail to build relaxation time into your day?	___	___
Gossip?	___	___
Race through the day?	___	___
Spend a lot of time complaining about the past?	___	___
Fail to get a break from noise and crowds?	___	___
Score 1 for each "YES" answer, and 0 for each "NO"		
Total each column:	___	___

What does your score mean?

1 – 6: There are few hassles in your life. Make sure, though, that you are not trying so hard to avoid problems that you shy away from challenges. Also, make sure the reason you don't have stress is not because you just don't deal with responsibilities, etc.

7 – 13: You've got your life in fairly good control. Work on the choices and habits that could still be causing you some unnecessary stress in your life.

14 – 20: You're approaching the danger zone. You may well be suffering from stress-related symptoms (irritable, upset stomach, sleeplessness) and your relationships could be strained. Think carefully about choices you've made and take relaxation breaks every day.

Above 20: Emergency! You must stop now, re-think how you are living, change your attitudes, and pay careful attention to diet, exercise, and relaxation.

