

Coping with **STRESS** for Teens

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

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.

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.

What causes you stress?
School?
Relationships?
Peer Pressure?
Parents?
Friends?
Decisions?



How do you deal with life?



Kids Help Phone
Mental Health Crisis Line
NL Health Line

1-800-668-6868
1-888-737-4668
1-888-709-2929

