

Stress Management for Teens

What Can I Do?



Stress Responses

- Everyone is unique and emotionally responds to stress in different ways.
- An extreme reaction would be to act out in anger and take it out on other people or things.
- Others might internalize it and isolate themselves, develop an eating disorder or abuse drugs and alcohol.





There are lots of things you can do to erase the stress in your life.

Read on to find out what they are...

Get Active

Stress hormones are getting your body ready for action, even if there is no physical danger. Physical exercise can help you use up those hormones and de-stress.

What exercise do you enjoy that might help?





Get Enough Sleep

As a teenager, your body is growing at a very fast rate, so sleep is important for your development.

Not sleeping enough can leave you feeling emotional and you may find it difficult to concentrate, making the effects of stress much worse.

What can you change to make sure you're getting enough sleep?

Manage Your Time

Too much of anything can be bad for you. Work out a plan to manage your time so that you can get your work done AND have time to yourself.

Are you spending too much time being distracted by something?





Have Fun

It is important to take a break from your problems every now and then and allow yourself time to do things you enjoy doing. This gives your body and mind a chance to relax and de-stress.

What's something you love to do to have fun?

Keep Healthy



Choose vitamin rich foods to keep your body and mind balanced. Avoid too much caffeine, which can increase feelings of anxiety and agitation.

Are you eating enough fruits and vegetables?

Talk About It

Often it can really help to open up to someone you trust about what's going on to cause you so much stress. Chances are that someone has experienced something similar and can offer advice and a friendly ear.

Who can you talk about it with?





Just Breathe

Controlled breathing and relaxation exercises can promote feelings of calm, lower your blood pressure and help you de-stress by balancing your nervous system.

For more information, check out, "Stress Management for Teens: Breathing & Relaxation Exercises".

Be Mindful

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. When we're mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own mind and increasing our attention to others' well-being.

Check out more information about Mindfulness at:

<http://mindfulnessforteens.com/resources/videos-mindfulness/>





Come Up With a Plan

Developing a stress plan can help you cope with stress. You should create a list of action points that you can control and enjoy doing, which will help you feel better in a stressful situation.

For more information about developing a stress plan, check out, "Stress Management for Teens: My Stress Plan"