

Stress Relief

You can prevent stress overload through healthy exercise, eating and sleep

Exercise



Facing stress can be like facing a tiger in the jungle. “Fight back at your tiger” by walking, dancing, jogging, doing yoga, playing basketball, jumping on the trampoline, jumping rope, etc. every day. Make it fun, so you will look forward to it. Be active with a group or by yourself.

Eat Well, Live Well

Feeding your body regularly with nutritious foods **will** make a difference. Stay hydrated. Be aware of how much you eat when stressed out. Try not to eat too much or too little. Avoid sugar overload, caffeine, nicotine, alcohol and drugs.

Sleep



Sleep is critical. If you are having problems falling asleep refer to the Sleep Tips Handout. There are lots of helpful hints there. Let your doctor know if you continue to have problems falling or staying asleep.

Sometimes all you need is a little stress relief



Just Breathe

Remember to breathe (blow your bubbles) when you feel your moods worsen. You can trick your body into calming down with a few slow, deep breaths. This really does slow your heart rate and allows you to think more clearly.



Playtime

Spend time with people who are good for you, doing activities that are fun for you.



Express Yourself

Get creative; express yourself through art, cooking, crafting, and music. Write in a journal.



Go on an Instant Vacation

Read! Listen to music! It’s an instant vacation taking you somewhere else.

Relax

Find a quiet place and get comfortable. Close your eyes, relax your entire body. Imagine a place where you feel safe and relaxed. Use all your senses to imagine what you would see, smell, hear and feel in this wondrous place. Relax, breathe slowly and deeply and imagine your body melting the stress away.

Ask for help

Talk to someone you trust about how you feel. Find a trusted adult – parent, teacher, counselor, therapist, doctor. Call the National Suicide Prevention Hotline 800-273-TALK (8255). Never blog, text, facebook, or tweet it.