

Tips for Managing and Reducing Stress

Get enough sleep

Feel proud - don't dwell on your weaknesses

Talk with a trusted friend, parent, teacher or counselor

Think Positive: don't worry about things that might not happen

Do something for someone else

Plan to have a meaningful occupation

Find time to relax and chill

Read something inspirational

Visualize what you want to happen

Write down your problems and possible solutions

Exercise daily

Punch a pillow, yell, go outside and kick a can (you get the idea)

Prepare for tests early

Eat something nutritious

Take one thing at a time

Set realistic goals

Learn from your mistakes

Forgive yourself and others

Get involved in things you enjoy

Tell your friends and family how they can help

Make time for fun