

Stress Management Techniques

RELAXATION METHODS

Breathing Exercises
Yoga
Meditation
Tai Chi

Breathing helps relax a major nerve that runs from the diaphragm to the brain helping your body let go and loosen up

GET ENOUGH...

Sleep: Get the right amount of sleep - but not too much.

Adolescents need between 9-12 hours per night. Be consistent with bedtime and rising.

Nourishment: Choose fruits, vegetables, lean proteins, and whole grain for long-term energy. Avoid added sugars and caffeine.

Physical activity: Exercise sends oxygen to every cell in your body so your brain and body can operate at their best!

CONNECT WITH NATURE

A walk in the park or a hike in the woods can help anyone feel peaceful and grounded. Other benefits include: improved concentration, creativity, and improved mental health.

NOTICE THE GOOD THINGS

When your mind starts to wander toward things that worry you, focus on things that are good, beautiful, and positive. Appreciate small, everyday blessings and allow yourself to dream, wish, and imagine the best outcomes.



CONNECT WITH OTHERS

Spend time with friends or family! Doing things with those we feel close to allows us to feel supported and secure.

If you are feeling worried or nervous about something, find someone you trust to share your feelings with. They can help you feel more understood and better able to cope.



WHEN IT BECOMES TOO MUCH

- Tell a parent or other trusted adult about your worries, fears, and feelings.
- Get a checkup - make sure to rule out physical conditions that could be causing symptoms.
- Work with a mental health professional - finding out what is causing symptoms can be a great relief.
- Continue with regular exercise, good nutrition and sleep - these provide your body and brain with the right fuel and time to recharge.

Adapted from: kidshealth.org

