

10 WAYS TO REDUCE STRESS



These 10 tips will help you manage stress, find your calm, and get more enjoyment out of life.

1. IDENTIFY YOUR STRESSORS. Make a list of the things that are stressing you out and determine how each can be dealt with. Having a plan will help you feel less overwhelmed and more empowered.

2. TAKE TIME FOR YOURSELF. Do something that has made you feel calm and relaxed in the past. Listen to music, go for a walk, or spend time in nature.

3. IF IT'S BEYOND YOUR CONTROL, LET IT GO. If you're stressed about things you can't change, let those worries go completely.

4. RELAX. Close your eyes and imagine a relaxing scene. Breathe in slowly and slowly exhale. Repeat.

5. EAT HEALTHY. Having a healthy diet improves your mood, motivation, and mental health.

6. GET ENOUGH SLEEP. The amount of sleep you get affects your mood and your ability to tackle problems. Never sacrifice sleep to get everything done.

ANXIETY

Information and Coping Tips

Occasional anxiety is a part of life—it's a natural reaction to events or situations that are frightening or stressful.

The start of a new school year, waiting to hear if you passed the test, made the team, or got the job—all of these things can make us feel nervous and anxious.

When we feel anxious, our bodies often react by releasing adrenaline, which can increase our heart rate and breathing. For most people, the feelings of anxiety go away when the situation that caused it is over, or the problem is resolved.

OVERLY ANXIOUS?

Some people suffer from anxiety that's persistent. Their anxiety affects their well-being and interferes with their day-to-day lives. These people often:

- ▶ worry excessively and become fearful.
- ▶ have difficulty sleeping and concentrating.
- ▶ feel irritable, restless, and on edge.

If this sounds like you, talk to a counselor or doctor. They can help you explore ways to lessen your anxiety.

WHAT IS A PANIC ATTACK?

A panic attack is a sudden feeling of severe fear and distress. A person who is having a panic attack may have chest pains, nausea, sweating, shaking—and feel like something is physically wrong.

If you experience a panic attack, take deep breaths and get to a safe place until it passes.

Feeling Overwhelmed?

If so, you're not alone. We all feel overwhelmed at times.



When you're feeling overwhelmed, it's important to have strategies that help you cope and feel more on top of things. *Here are some tips that might help.*

Take deep breaths. When you're feeling stressed out or overwhelmed, stop, breathe in deeply, count to four, and exhale. Do this for two minutes.

Take a time out. Do something that has nothing to do with school, work, or any of your obligations—read a book, listen to music, go for a walk, take a hot bath.

Learn to say no. Don't be afraid to turn down requests and say no to invitations.

Look at all you're doing. You may have taken on more than you can handle. If this is the case, try to simplify your life. Look for activities or obligations you can eliminate, shorten, or postpone. Do not sacrifice sleep or exercise to get everything done.

74% of people report feeling overwhelmed at times.

Also feeling stressed out? For tips on dealing with stress, watch this video.



VIDEO

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Ways to Improve Mental Health

Maintaining your mental health is just as important as maintaining your physical health. Here are 10 ways to improve your mental health!

1. Get enough sleep.

The amount of sleep you get impacts your mood. Go to bed at a regular time each night and make sure you get at least eight hours of sleep.

2. Exercise.

Your body releases mood-improving chemicals when you exercise. Look for ways to integrate physical activity into your daily routine.

3. Open up to someone.

Talking about your feelings is a great way to process them. Talk to a friend or family member when you have a problem or something is bothering you.

4. Be mindful.

Mindfulness is being aware of the world around you and focusing on what you are experiencing. Throughout your day, remind yourself to be fully present, and to focus on the "now."

5. Deal with stress.

Stress can really take a toll on your mental health. To feel more empowered and less overwhelmed, make a list of the things that stress you out and come up with a plan for dealing with them.

CALMING TECHNIQUES

Tips for Staying Calm and Relaxed

We all feel stressed, anxious, or angry at times. When you feel this way, it's important to have a toolbox of calming techniques to help you relax. Here are some quick and easy calming techniques.



Breathe

Breathing is the best way to feel calmer. Take a deep breath, count to four, and slowly exhale. Repeat.



Relax your body

Drop your shoulders, then flex and release all the muscles in your body, from top to bottom.



Change your thoughts

To help refocus your thoughts, visualize a bright red stop sign, say STOP, and visualize something positive.



Visualize calm

Close your eyes and imagine yourself in a peaceful setting, feeling calm, relaxed, and stress-free.



Try guided meditations

With guided meditation, a voice helps you relax your body and focus your thoughts. Guided meditations are available on Spotify, and on apps like Meditation Studio and Calm.

Feeling Lonely?

Everyone feels lonely sometimes. It's normal. But feeling lonely is no fun, particularly when it lasts for an extended period of time. When that happens, know that there are ways to feel better.



Common Reasons People Feel Lonely

- ▶ You're in an unfamiliar situation—living in a new city, going to a new school, in a new job.
- ▶ You feel different, like no one shares your interests, values, or personality.
- ▶ You feel like no one has time for you, whether it's family or friends.
- ▶ There is, or was, someone important in your life who is no longer there.
- ▶ You don't have the kinds of strong relationships you would like to have, like a best friend or a romantic relationship.

Maybe you're feeling lonely for one of these reasons, maybe it's something else, or maybe you don't know why you feel lonely, you just do.

Know that dealing with loneliness is temporary, and it's something that everyone goes through at some point. Also know that there are things you can do to change how you're feeling.

Keep reading to learn how you can feel more connected and less alone.

For ways to improve your mental health, watch this quick video.



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