

Feeling Stressed

Stress is the emotional or physical tension that comes when you feel nervous, angry or frustrated. Stress can be helpful in small amounts, and helps you meet deadlines and avoid danger. When it lasts a long time, it can negatively affect your emotions, mind, and body. But there are things you can do to manage stress when it feels overwhelming.

WAYS TO MANAGE STRESS	TIPS	YOUR PLAN
RECOGNIZE YOUR STRESSORS <div>  <p>Think about what is causing you stress now and about stressful situations in the past. What makes you feel worried, angry or tense? Is it 1 or 2 things, or a bunch of small things? If you know what your stressors are, you can work out how to face them.</p> </div>	<p>If exams stress you out, try some calming strategies on exam day.</p> <p>If a big assignment is what's worrying you, break it into smaller, more manageable pieces.</p>	<p><i>My stressors</i></p> <hr/> <hr/> <hr/> <hr/>
USE CALMING STRATEGIES <div>  <p>Calming strategies can help reduce stress. Try a few to see which work best for you:</p> <ul style="list-style-type: none"> • breathing exercises • muscle relaxation exercises • mindfulness practices • aromatherapy • yoga • listening to music • spending time in nature </div>	<p>Meditation, breathing and muscle relaxation exercises can all be great on-the-go stress relievers. You can do them anywhere, and some take 5 minutes or less.</p>	<p><i>My calming strategies</i></p> <hr/> <hr/> <hr/> <hr/>
MAINTAIN A HEALTHY LIFESTYLE <div>  <p>Maintaining a healthy lifestyle helps you manage stress. Get regular exercise. Eat a well-balanced diet with a wide variety of foods and avoid sugary drinks and highly-processed foods. Get 8 -10 hours of uninterrupted sleep per night. Limit screen time.</p> </div>	<p>Set a goal of limiting your recreational screen time to 2 hours per day across all devices — television, tablet, computer and phone.</p>	<p><i>My steps to stay healthy</i></p> <hr/> <hr/> <hr/> <hr/>
MAKE TIME TO RELAX <div>  <p>It's easy to get stressed when your schedule is busy. Build time into your schedule for things that you enjoy doing. Hiking, reading, journaling, listening to music, a favourite hobby, volunteering, or watching a movie — whatever helps you relax.</p> </div>	<p>If adding time for relaxation seems impossible, consider letting go of another activity to free-up some time.</p>	<p><i>My relaxation plans</i></p> <hr/> <hr/> <hr/> <hr/>
TALK TO SOMEONE YOU TRUST <div>  <p>Talking to friends or trusted adults can really help when you feel stressed. Plan ahead. Think about whether you want the person to help you problem-solve or just listen. If you feel that you might harm yourself, talk to a trusted adult immediately.</p> </div>	<p>When deciding who to talk to, look for someone you're comfortable with and can trust. You want someone who will respect your privacy, be understanding and won't judge you.</p>	<p><i>People I can talk to</i></p> <hr/> <hr/> <hr/> <hr/>