



## SOUTHEAST PSYCH

PSYCHOLOGY FOR ALL

### **Stress Management for Teens and Adults**

- *Relax.* Read a book, take a bath, spend time with a pet, listen to music, practice deep breathing
- *Make a schedule that includes taking breaks.* Stick to the schedule.
- *Practice Yoga.*
- *Cut back on commitments.* Do only what is most important to you.
- *Try to be optimistic.* Make a list of three things (no matter how small) that made you happy each day.
- *Exercise in moderation.*
- *Eat regularly and healthfully.* Stay away from junk food. Your body needs vitamins and minerals especially when you are under stress.
- *Avoid caffeine, drugs, and alcohol.*
- *Rehearse situations that cause stress or anxiety such as presentations or calling friends.*
- *Spend time with friends and family.*
- *Listen to music.*
- *Break big tasks into smaller components.*
- *Seek out activities that are fun or enjoyable.*
- *Be realistic.* Learn to feel satisfied by doing a “good enough” job rather than a perfect one.
- *Ask for help when you need it.*
- *Laugh:* Watch funny shows and movies, tell jokes, find funny YouTube clips and bookmark them for later times when you need to laugh.

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