

# 5 Steps to Lower Stress



Write down any thoughts you have when you are stressed or upset.

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Read what you wrote. Are your thoughts critical of yourself or others? Circle judgmental or one-sided words such as bad, good, never, and always. These words only show one side of the story.



Write down explanations for the stressful situation. There are often multiple reasons why something happens.

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There are some things that are out of your control. Figure out what you can change and how to take action. Let go of the things you can't control such as what happened in the past and how many classes or credits you need in order to graduate.

What you can change	
Examples:	
◆ Telling my mom how I feel without shouting.	◆
◆ Asking my teacher for help.	◆
◆ Forgiving my friend for making a mistake.	◆
◆	◆
◆	◆
◆	◆
◆	◆



Your anger or worry can affect how you feel, how you act, and your health. That is why it is important to pay attention to your feelings and lower your stress.

**Resources:**

- ◆ Dealing with Depression workbook: [www.mcf.gov.bc.ca/mental\\_health/pdf/dwd\\_writable.pdf](http://www.mcf.gov.bc.ca/mental_health/pdf/dwd_writable.pdf)
- ◆ Facts for Teens. National Youth Violence Prevention Center: <http://safeyouth.org/scripts/teens.asp>

*Do you have any comments or questions about this handout? Please contact Adolescent Health Working Group by emailing [feedback@ahwg.net](mailto:feedback@ahwg.net) or calling (415) 554-8429. Thank you.*

