

Facts:

- Stress can be caused by past experiences or difficult circumstances currently in your life.
- Everyone responds to stress differently.
- You have the power and ability to lower your feelings of stress.

Stress Can Lead To:

Head aches
Stomach aches
Weight gain or loss
Problems sleeping
Feeling tired
Being grumpy or easily upset
Worrying
Feeling nervous
Feeling sad
Feeling overwhelmed
Problems concentrating
Skin rashes and acne
Drug and alcohol use

Stress affects both your body and mind. You can lower your stress by thinking positively and doing relaxing activities.

Websites & Hotline

Go Ask Alice!

<http://www.goaskalice.columbia.edu>
Answers to questions about stress, drugs, sex, and lots more.

It's My Life

<http://pbskids.org/itsmylife>
Information, interactive games, and online videos for teens.

Mind Your Mind

<http://www.mindyourmind.ca>
Resources and information to help teens manage stress. Includes online journals and games.

Personal Stress Management Guide

<http://www.aap.org/stress/teen1-a.cfm>
Create your own stress management plan online.

National Runaway Switchboard

1-800-RUNAWAY
24-hour free and confidential phone line for youth. Information on getting food, shelter, legal aid, medical care, and counseling services.



Hey Teens!



Stressed Out??!

► By: Adolescent Health Working Group



www.ahwg.net

50 Ways to Chill Out, Relax, and Stay Cool



- Go for a walk
- Write in a journal
- Dance
- Listen to music
- Eat a healthy snack
- Hang out with friends
- Draw
- Create art
- Cook or bake
- Play sports
- Sing
- Express myself
- Play with my pet
- Take a nap
- Swim
- Read a book
- Watch TV or a movie
- Ride a bike
- Take a hot bath/shower
- Laugh
- Rest
- Jog or run
- Go on a car ride
- Plant a tree or flower
- Relax with my family
- Believe in myself
- Look up at the stars
- Remember good times

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Stress Busters

Exercise: Walk, run, swim, dance, ride a bike, play sports, or any other physical activity at least three times a week.

Eat healthy: Eat whole grain bread, fruits, and vegetables for long-lasting energy. Notice how much you eat when you are stressed. Drink lots of water.

Imagine Relaxation: Close your eyes and imagine a time and place where you feel safe and relaxed. Think about how you feel and what you hear, see, and smell in this place. As your mind relaxes, your body will too.

Relax Your Muscles: 1) Find a quiet place where you can lay down and get comfortable.

2) Close your eyes. Relax your entire body. Imagine your muscles are limp. 3) Tighten the muscles in your feet while keeping the rest of your body relaxed. Hold for 5 seconds and do not release. Then tighten more muscle groups one at a time: calves, thighs, stomach, chest, arms, hands, and face until your entire body is tense. Keep parts of your body relaxed until it is time to flex them.

4) Hold your entire body tense for 5 seconds then release all of the tension. 5) Relax, breath slowly and deeply, and imagine your body melting. 6) When you're ready, open your eyes and get up slowly.

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Deep Breathing:

- 1) Find a quiet, comfortable place to sit.
- 2) Close your eyes. Focus on a word like "breathe" or "relax."
- 3) Breathe in slowly through your nose until your chest is full. Breathe out slowly through your mouth. Focus on the feeling of air coming in and going out.
- 4) Slowly repeat this deep breathing 10 to 20 times until you feel relaxed.

Talking with a Counselor

- ◆ People talk to counselors when they run into problems and need some extra help.
- ◆ Counselors are trained to listen non-judgmentally to concerns, offer helpful suggestions, and connect people to community resources.
- ◆ Counselors can be found at schools, health centers, clinics, youth organizations, places of worship, or by calling counseling phone hotlines.

Hey Teens!

See the other side for helpful websites and hotlines.

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