

8 Tips For Managing Stress

#1 Eat Healthy Food

Fill your body with nutritious & healthy food. This will help you with feeling physically healthier & you will be better able to deal with stress!

#2 Maintain Structure & Routine

Create a daily routine eg. go to bed at the same time each day, wake up at the same time each day, have the same morning routine.

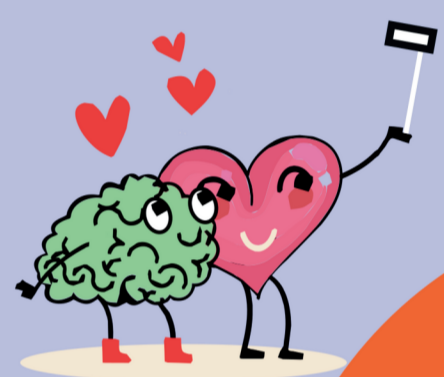
#3 Exercise Daily

It's a scientific fact that exercise brings us good feelings. Examples are: walking to and from school, playing a sport, dancing or yoga.

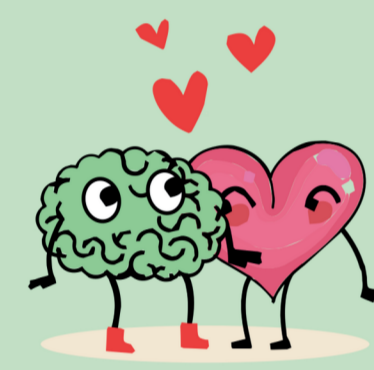
#8 Write in a Journal

A journal is just writing down your thoughts & feelings. Writing it down will help you manage your emotions, & also find solutions.

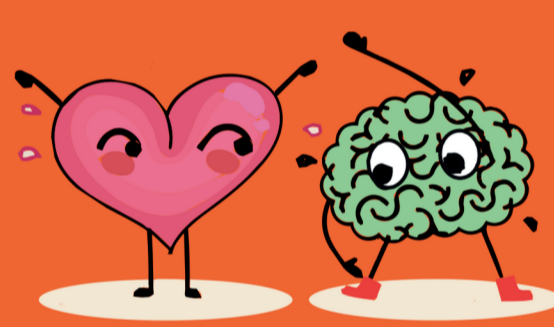
Be Aware
Of Your Self



Be Kind
To Your Self



Be Well
Mental Fitness Matters Too



#4 Take Up a Physical Hobby

This could be drawing or painting at home, making jewellery or another craft, taking a dance class!

#7 Listen To Calming Music or Meditation

Let go of your worries with some free calming music on Spotify or some free meditation tracks on YouTube.

#6 Talk Out Your Stress With Someone!

Are you worrying & stressing on your own? Talk with a friend, family, or counsellor. Even though uncertainty doesn't always have an answer, you can often feel better when you talk it out with someone!

#5 Get Good Zzz's!

Get to sleep at a similar & decent time every night. For high school students, 8-10hrs a night is ideal. Getting good sleep is good for energy, your mood and generally feeling well. This will help you deal better with any stress.

5 Minute Stress Less Exercise!

This 5 minute mindfulness exercise is a simple exercise to centre yourself and connect with the world around you. Practice it throughout the day, especially any time you find yourself getting caught up in your stress.

STEP 1

Stand or sit.
Plant your feet into the floor.

STEP 2

Take a deep breath & push them down & notice the floor beneath you, supporting you.

STEP 3

Notice the muscle tension in your legs as you push your feet down.

STEP 4

Notice your entire body - & the feeling of gravity flowing down through your head, spine, and legs into your feet.

STEP 5

Now listen carefully and notice 5 things you can hear.

STEP 6

Then notice 5 things you can see.

STEP 7

Then Notice five things that you can feel in contact with your body your watch against your wrist, your trousers against your legs, the air on your face, your feet upon the floor, your back against the chair.

STEP 8

Take a deep breath in, then breathe out and let the stress go...

WELL DONE!