

STRESSED OUT



Stress is a normal part of life. It happens whenever we are feeling overwhelmed or are facing something challenging. It is important to learn how to cope with your stressors in a healthy and positive way. Coping negatively can be harmful to you and can impact your relationship with others.

CREATE A PLAN

Write down all of the things that are currently stressing you out. Next, write down the things that you can do so that these things are no longer stressors for you. Focus on the stressors that are within your control. Finally, create an action plan. Pick days and times during the week where you can get things accomplished! Learn to manage your time wisely to decrease stress. If you feel like you have too much going on during the week, see if there might be something you can give up to help decrease your level of stress.

DISCONNECT

Learn helpful ways of relaxing and avoiding the drama that might be causing you stress. Take time away from your phone and avoid social media. Learning to relax will help your mind and body stay calm and focused. Do deep breathing, meditate, or practice yoga! Participate in something fun that can get your mind off of your stressors for a little while.

BE HEALTHY

Make sure that you are taking care of your body. Eat healthy meals throughout the day and be sure to get enough rest and sleep. Being active and exercising will also keep your body healthy. Stay away from drugs, alcohol, smoking, overeating, or other unhealthy habits.

TALK TO SOMEONE

Sometimes just being able to vent about your stressors can be helpful. Find someone who is willing to listen and can offer helpful advice. Stay away from those who encourage negative thoughts or actions. Avoid talking about your stressors on social media. This can lead to more people becoming involved which might increase your level of stress.

EXAMINE RELATIONSHIPS

It might be a relationship with a friend, boyfriend/girlfriend, or a family member that is stressing you out. Take a look at that relationship and figure out what needs to change to decrease the amount of stress you're experiencing. If there is constant conflict in your friendships or with your boyfriend/girlfriend, then you should ask yourself if it is best to remain in that relationship.

To avoid experiencing stress in relationships, be sure to set limits and keep healthy boundaries. Learn healthy ways of resolving conflict with others.

