

Communication

A very vital skill to stay connected and talk to someone.

Having an individual you can share thoughts and feelings to can be useful to relief some stress from the mind:

- Talking to parents (weekly catch-up)
- Staying in touch with friends (in person and social media)
- Even finding a local stress management course/workshop which interests you

Meditation

This can help relax your mind and body, focus on yourself, and release some stress from your mind.

Focusing on your breathing and the ability to take your own meditation course and learn the new ways to feel more relaxed!

MINDS – (a charity which have useful information of ways to maintain stress. Also, helpful contacts/services)

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/what-is-stress/>

Install this app –
Headspace

Top 9 Tips

1. Eat and drink regularly (improve health)
2. Exercise regularly
3. Practice relaxation and breathing techniques
4. Reduce exposing yourself to stress/triggers
5. Enhance sleeping quality and routine
6. Manage the exposure to social media
7. Seek help from services or individuals
8. Listen to music/sounds you enjoy
9. Do activities you find pleasure doing

Stress Management For Teens

Sleep

It is very crucial to have a good routine. This allows the body to restore, regulating moods and improvement in concentration.

- Have a routine/schedule
- Reduce daytime naps
- Include physical activities

Exercise

Look into directing the stress into something you enjoy and have control in:

- Running
- Sports clubs – (Football, basketball, martial arts, cycling, gymnastics, etc.)
- Swimming
- Dance classes
- Extra curriculum activities at school

Exercising helps with stress relief by reducing the negative effects into a motivated mindset and an overall improved mood.

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