Stress Management Tips for Teens

- Get enough sleep! Stop "screen time" an hour before sleep, and follow a bedtime routine.

- Eat healthy snacks and meals, and drink plenty of water.

- Avoid caffeine, which can make anxiety and frustration feel worse.

- Talk it out… and try to use "I-statements" to express how you're feeling ("I feel ignored when you're texting while I'm talking to you.")

- Surround yourself with friends who are positive and encouraging.

- Make room in your head for positive thoughts. Envision things going well! Our thoughts about how something is going to turn out are powerful. It takes practice, but when a negative thought or worry comes into your head, try to turn it around into something positive. For example, instead of thinking "I am going to fail my history test next week!" think to yourself, "I will study hard for 30 minutes a night, go in for extra help if I can, and take my test knowing I am prepared to do well!"

- When doing homework, take a five or ten minute break every hour, to get up and move—dance, walk around the block, do some yoga. This will decrease stress and improve your focus.

- Write in a journal, or on your computer—this is a great way to relieve frustration or to just explore how you're feeling.

- Practice some relaxation techniques—deep breathing, deep muscle relaxation, yoga.

- Laugh! Laughing is a powerful stress-buster.

- If you are feeling overwhelmed, talk to an adult you trust, your school counselor, or your healthcare provider—*we are here to help you*.