

## Strategies to Cope With Stress<sup>1, 2, 3, 4</sup>

- Practice yoga and meditation
- Life's too serious, so find ways to laugh. Watch a funny movie, comedian, or TV show
- Balance healthy eating and exercising (at least 60 minutes per day)
- Substitute negative self-talk with positive statements such as:  
    *"I am a good person."*  
    *"I deserve to be treated with respect."*  
    *"I am talented."*  
    *"With some help, I can manage my own problems."*
- Manage your time. For example, prioritize what is most important, write in a planner, and include time for yourself
- Talk with friends, family, or anyone trusting and supportive
- Listen to music
- Soak in a bath or shower
- Give yourself permission to cry

.....Continued

### .....Coping strategies continued

- Express yourself artistically: write poems, paint, play an instrument, sing a song
- Punch a pillow if you feel angry or frustrated
- Practice counting breathing<sup>4</sup>:  
    *Breathe in....Breathe out, say, "One"*  
    *Breathe in....Breathe out, say, "Two"*  
    *Continue until "ten" is reached and then start over*
- Make your own list of positive coping strategies

### Internet Resources

#### Kids Health

<http://kidshealth.org/teen/>

#### Canadian Mental Health Association

#### Association

<http://www.cmha.ca/>

#### Children's Mental Health Ontario

<http://www.kidsmentalhealth.ca/>

#### Kids Help Phone

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

1.Rizzolo, D. & Sedrak, M. (2010). Stress Management: Helping patients to find effective coping strategies. *Journal of the American Academy of Physician Assistant (JAAPA)*, 23 (9).  
2.Seaver, A., McVey, G., Fullerton, Y., & Stratton, L. (2004). *Every Body is a Somebody: Facilitator's Guide*. Peel: Body Image Coalition of Peel.  
3.Welle, P., & Graf, H. (2011). Effective Lifestyle Habits and Coping Strategies for Stress Tolerance Among College Students. *American Journal of Health Education*, 42(2).  
4. Enns, K. (2008). Self-Injury Behaviour in Youth: Issues and Strategies. *Crisis & Trauma Resource Institute*. Winnipeg: Author.



# Are You Stressed Yet?

Strategies for teenagers to cope with everyday life stressors



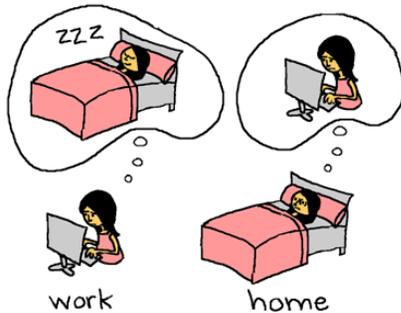
[www.healthunit.com](http://www.healthunit.com)

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## What is Stress?<sup>2</sup>

“the general feeling individuals get as a result of different kinds of problems and challenges....caused by positive as well as negative events.”



## What Stresses You Out?

Bosses? School? Home work?

Work? Family? Teachers?

Body Image? Friends?

Uncertainty of the Future?  
Relationships?

Are there long-term effects of  
chronic stress?<sup>3</sup>

Yes, chronic stress can lead to...

- Risk for high blood pressure, stroke, and heart disease
- Lower immune system
- Decreased fertility
- Increased risk of diabetes
- Difficulty controlling blood sugar among diabetics
- May lead to alcohol and drug abuse
- Affects weight (loss or gain)

## Signs and Symptoms of Stress?<sup>1</sup>

- Fatigue
- Feeling depressed or sad
- Feeling nervous or anxious
- Feeling the urge to cry
- Headache
- Irritability or anger
- Lack of interest, motivation, or energy
- Muscular tension
- Teeth grinding
- Tightness in chest
- Upset stomach or indigestion
- Change in menstrual cycle



## Does Everyone Respond To Stress The Same?<sup>3</sup>

No. Reaction to stress depends on....

- Gender
- Age
- Personality
- Personal and social resources
- The situation
- The way one copes with stress



## Ineffective ways to cope<sup>2</sup>:

- ✓ Sleep less
- ✓ Drinking or using drugs
- ✓ Ignoring feelings
- ✓ Turning to food
- ✓ Being critical and judgmental
- ✓ Getting even
- ✓ Skipping school or work
- ✓ Withdrawing from family and friends
- ✓ Acting impulsively
- ✓ Wasting time
- ✓ Smoking
- ✓ Waiting for a lucky break

*“Stress is the trash of modern life- we all generate it but if you don’t dispose of it properly, it will pile up and overtake your life”*

Danzae Pace