

Strategies to Cope With Stress^{1, 2, 3, 4}

- 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 breathing⁴:
 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/>

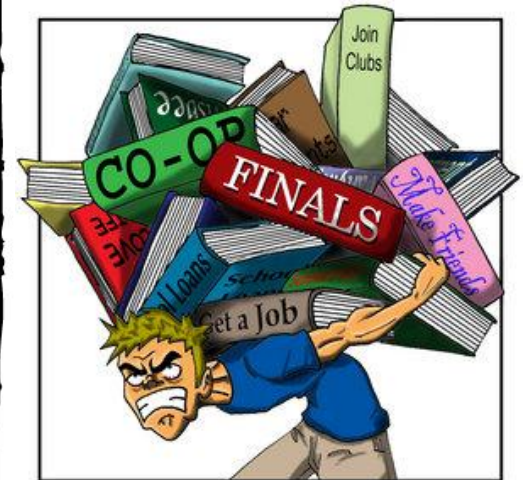
Children's Mental Health Ontario

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

Kids Help Phone

www.kidshelpphone.ca

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



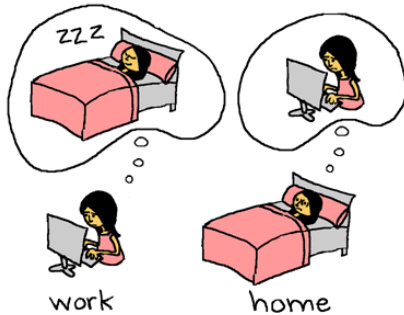
www.healthunit.com

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What is Stress?²

“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?³

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?¹



- 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?³

No. Reaction to stress depends on....

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

THERE ARE ONLY
TWO TIMES
I FEEL STRESS:
 
DAY AND NIGHT.

Ineffective ways to cope²:

- ✓ 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