

# A Dozen Ways to Cope With Stress

## REFRAME

Challenge negative thoughts & feelings, with positive thoughts.



## MANAGE EXPECTATIONS

Refrain from demanding perfection from yourself and others.

## STAY

## ACTIVE

Exercise, eat healthy, avoid caffeine.



## REST

Sleep is the mind & body's time to rest & repair.

## ABSTAIN

Avoid alcohol, tobacco, and other substances.



## ENJOY

Take time for positive activities or hobbies.

## RELAX

Learn relaxation exercises, meditation, and mindfulness techniques.



## COMMUNICATE

Express your feelings and frustrations in constructive ways.

## PRACTICE

Rehearse situations that could cause stress (e.g. public speaking & test taking)



## ORGANIZE

Use a planner, improve time management, and set goals for yourself

## SOCIALIZE

Build a network of friends that help you cope in positive ways.

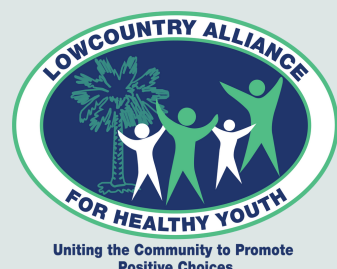


## REACH OUT

Talk with someone about your stress (parent/guardian, counselor, teacher/coach, family member, youth minister, doctor).

Adapted from the  
American Academy of  
Child & Adolescent Psychiatry

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



# Teen Stressors

## Stressors Frequently Reported by Teens

### School Stressors:

- School demands & frustrations
- Activity involvement
- high expectations
- test taking & speech anxiety
- balancing responsibilities (e.g. work, school, sports, home)



### Social Stressors:

- Peer Pressure/Fitting in
- Relationship problems and pressure
- Rejection and how to handle it
- social media
- moving or changing schools
- Current social issues



### Personal Life Stressors:

- Unsafe living/neighborhood environment
- parental separation and divorce
- Family financial problems
- Chronic illness/severe family problems
- Death of a friend/loved one/pet



Scan for mental health resources:



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