

# stress management

our minds matter

## what is stress?

- Any type of change that causes physical, emotional or psychological strain
- Your body's response to anything that requires attention or action.

## what causes stress?

Academic or extracurricular demands  
Problems with friends or significant others  
Family dynamics  
Unsafe living environment  
Mental health conditions or concerns,  
... and all the changes that happens during adolescence.

Everyone experiences stress to some degree. The way you respond to stress, however, make a big difference to your overall well-being. Check out some ways you can manage your stress below!

## keeping stress in check!



## 6 ways to wellbeing

### connect

- Connect with safe & trusted peers, family, or other adults.
- Feeling part of something bigger than yourself is empowering.

### get organized

- Learn to manage your time more effectively.
- Stay focused on goals & forward progress. Sort tasks by most to least important.

### move & nourish

- Find movement you enjoy that suits your level of mobility - all movement is good movement.
- Nourish your body with regular meals.

### keep learning

- Try something new. Rediscover an old interest. Listen to a different perspective.
- Learning new skills can boost your confidence & build a sense of purpose!

### practice stress-relief

- Do something for yourself each day - a relaxing bath, a nice meal, a walk.
- Find little things to be grateful for, look forward to, & that ground you in your day.

### be mindful

- Catch sight of something beautiful. savor moments & stay curious. Be aware of your emotions & the world around you.
- Pause. Reflect. Be present.



# managing time & setting priorities



## 1 Make a realistic schedule

- Identify the times of day that are most and least productive for you and plan accordingly.
- Allow more time for learning new or difficult subjects.

## 2 Stay consistent

- Try to use the same place to study every time - this enhances your ability to concentrate.

## 3 Time is a tool - use it!

- Use waiting time for review - try using 3x5 notecards for quick vocab review.
- Be aware of time wasters: texts, procrastination, mindless scrolling on social media apps, etc.

## 4 Take breaks & reward yourself

- Allow time for short breaks to refresh your brain and body.
- Reward yourself for completing tasks. It helps keep you motivated!
- Don't overcommit yourself - learn to say NO!

## 5 Try the ABC Method

**A** - tasks that are important and urgent (e.g. studying for the exam tomorrow, submitting application on time)

**B** - necessary tasks but are less urgent (e.g. start working on a paper that is due next week)

**C** - nice to have, least important tasks that aren't time-sensitive (e.g. signing up for a club)



# where to turn when it feels like too much



### for immediate help & support

- call 988
- text "mind" to 741741
- call 1-800-suicidia for spanish speakers
- call 1-866-488-738 for lgbtq+ informed support



### for finding a therapist

before diving into finding a therapist on your own, reach out to a trusted adult like a family member, school counselor, or another adult you trust. they can go through this with you.

- [inclusive therapists](#)
- [queer & trans therapists of color](#)
- [find a therapist](#)

### for coping & managing

- [mindfulness meditation playlist](#)
- [free online yoga](#)
- [insight timer app](#)

**stress is something everyone deals with, and no one needs to deal with it alone. take care of yourself and remember - you can't pour from an empty cup**

