

stress management

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Check out some ways to manage your stress below!

what is stress?

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

What causes it?

- academic or extracurricular demands
- problems with friends, family, or significant others
- unsafe living environment
- mental health concerns
- all the changes teens go through

everyone experiences stress to some degree; however, how you respond to stress can make a big difference in your overall well-being!

keeping stress in check!

am I taking care
of my body's
basic needs?



what's been
worrying me
lately?



how am I
feeling today?



what am I
doing to bring
myself joy?

who do I have
in my corner
supporting me?

six ways to wellbeing

Ideas to help manage your stress!

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1

connect

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

2

get organized

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

3

move & nourish

Find movement you enjoy that suits your level of mobility—all movement is good movement.

Nourish your body with regular meals.

4

be mindful

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

5

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.

6

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!

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Check out some tips for managing your time and setting priorities below!

managing time & setting priorities

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.

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!

time is a tool—use it!

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

stay consistent

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

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 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)

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Resources for when stress starts to impact your mental health.

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where to turn, when it's too much?

for immediate help & support

Suicide & Crisis Lifeline: 9-8-8

Crisis Text Line: Text "MIND" to 741-741

The Trevor Project (for LGBTQ+ youth):
1-866-488-7386 or text "START" to 678-678

Call 1-800-suicidia for spanish speakers

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.

for coping,
for finding a
therapist,
and more...



ourmindsmatter.org/resources