Stress Management 101

Our body’s reaction to demands in our life. Moderate levels of stress may motivate us to accomplish goals or help us feel energized. HIGH levels of stress are not good for us.

How can I cope with the demands?
- Make stress management techniques part of your life, not just when you are in the middle of a stressful event
  - Develop relaxation activities
  - Set a support system
  - Have an optimistic view of life
  - Be prepared for the unexpected
- Become physically healthy-
  - Eat right, get enough sleep, exercise
- Change your environment to reduce demands
  - Buy an alarm clock so you are not late to school
  - Create a quiet study spot so you are prepared for exams
  - Say “no” to joining yet another club
- Understand you can ONLY control yourself—not others!
- Let a friend, parent, teacher, or counselor know if you are feeling overwhelmed

<table>
<thead>
<tr>
<th>My top stressors are...</th>
<th>I know I am stressed because...</th>
<th>These techniques help me when I feel stressed...</th>
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