

#### 4 Let The Stress Go!

- **Laugh**– Watch a funny movie or do something that makes you laugh
- **Write** About the stress in a journal.
- **Work on a hobby** of yours or read a book.
- **Call** a friend or family member and talk. You can ask for help if you need it.
- **Take** a hot bath.
- **Play** some music or do some dancing.



#### 5 Make Healthy Choices.

**When you take care of your body, you are better able to manage stress.**

- Get more sleep.
- Take time to be active. Do something with your body– run, swim or workout
- Eat healthy foods. Drink less caffeine.
- Don't smoke.
- Limit alcohol.
- Talk with your doctor if you cant seem to relax.

Relax for a moment.

**It only takes 5 minutes.**

- Turn down the lights, close your eyes
- Take a few slow breaths.
- Think about a beautiful place.
- What do you see? Enjoy the sights and sounds.
- Open your eyes.
- Enjoy feeling relaxed.

You can do this anytime..

#### My Reasons

Why do you want to manage your stress? Think about it. Add your reasons to this list.

I want to-

- Enjoy life more.
- Feel better, sleep better.
- Do better at work or school.
- Take care of myself.
- \_\_\_\_\_

Make a few copies of your list. Put it where you'll see it often. It will help you keep moving.

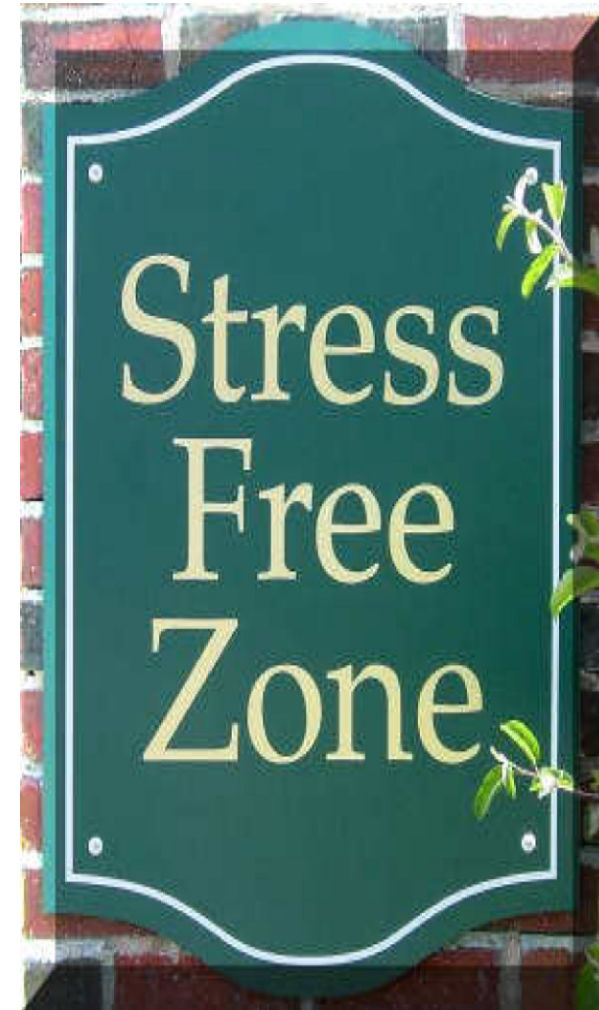
To Learn More:

Mental Health America

1-800-969-6642—[www.nmha.org](http://www.nmha.org)

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# 5 Ways to Stop Stress



## Stress is part of life.

Make healthy choices to help you manage stress and prevent serious health problems.

### You may have questions:

#### How can I find time to relax?

You can't get away from the stress, but you can learn how to handle it.

The choices you make can really make a difference!

#### How do I get started?

It takes time to make these healthy choices. You can do it if you:

- Try one thing at a time.
- Keep trying new things. This will help you find healthy things that work for you.

## 1 Know your stress signs.

Stress can affect how you think and feel. Do you have any of these signs of stress?

- Trouble focusing?
- Trouble Sleeping?
- Loss of appetite? Or eating too much?
- Problems getting along with family, friends or co-workers?
- Aches and pains?
- Stomach aches, diarrhea or headaches?

These are warning signs that stress is affecting you in a bad way and that you need to start taking care of this.

## 2 Manage big and little changes.

Big changes can be a stressful experience. Like a move, job change or marriage.

Everyday things like work, home life, and family are big stressors too.

Tips to help you cope with these things are:

- **Make a to-do list.** Do what's most important to you or easiest for you.
- **Don't plan a lot of big changes** to happen at the same time.
- **Manage your time.** Cut back on some things or ask for help.
- **It's OK to say "NO".** You don't have to do everything.
- **Make things simple.** Clean clutter at work and around the house.

## 3 Think different.

Choose to accept or change things that cause you stress.

- **Think about** what is causing the stress. Will it still matter a month later? If not then try and let it go.
- **Be positive.** "I know this will work out."
- **Be flexible** when things don't work out the way you planned them. "Well, that's not working. I'll try something else."
- **Be willing** to give in. "I like your ideas, let's try it."

**You can do it!**

You can Manage your stress.

It's the best thing you can do for yourself and your

