

A DOZEN HEALTHY WAYS TO DEAL WITH STRESS



THE BASICS - EAT RIGHT, SLEEP RIGHT - NEWS FLASH: YOU NEED 8-10 HOURS 😊



STUDY WHEN YOU STUDY, HAVE FUN WHEN YOU HAVE FUN - YOU'LL DO A MUCH BETTER JOB AT BOTH IF YOU'RE NOT TRYING TO DO THEM AT THE SAME TIME.



GIVE YOURSELF A BREAK - EVEN WHEN YOU ARE TOTALLY SWAMPED TAKE 5-15 MINUTES TO GET SOME FRESH AIR, LISTEN TO MUSIC, CALL A FRIEND.



EXERCISE - TAKE A WALK, PLAY TENNIS, GO FOR A HIKE, JOIN A YOGA CLASS.



BE PATIENT WITH YOURSELF - DON'T EXPECT MORE OF YOURSELF THAN YOU CAN REALISTICALLY HANDLE. APPRECIATE WHO YOU ARE INSTEAD OF COMPARING YOURSELF TO OTHERS.



DISCOVER YOUR PASSION, WHAT YOU LOVE AND EXCEL AT. THIS DOESN'T ALWAYS HAPPEN RIGHT AWAY, SO JUST HAVE FUN DISCOVERING WHO YOU ARE.



PRACTICE TIME MANAGEMENT - IT WILL HELP NOW BUT ALSO IN COLLEGE AND THE WORKPLACE.

No!

THE POWER OF NO - YOU CAN'T DO IT ALL SO YOU MAY HAVE TO SAY NO TO SOME AWESOME THINGS - KEEPING YOUR SANITY IS WORTH IT.



FAMILY - SOMETIMES WE PUSH THEM AWAY WHEN WE NEED THEM THE MOST.



RECOGNIZE THAT YOU ARE ONE IN 7.5 BILLION PEOPLE - THERE IS NO ONE EXACTLY LIKE YOU - THERE NEVER WAS AND THERE NEVER WILL BE. YOU ARE A UNIQUE INDIVIDUAL LIKE NO OTHER!



DO SOMETHING WITH YOUR HANDS THAT YOU ENJOY - DRAWING, PAINTING, WOODWORKING, GARDENING.



TALK TO PARENTS, TEACHERS, COUNSELORS IF YOU NEED HELP. YOU HAVE A WONDERFUL SCHOOL WITH LOTS OF PEOPLE WHO WANT TO SEE YOU SUCCEED BOTH PERSONALLY AND ACADEMICALLY.