

Dealing with Stress

Why am I stressed out?

All young people feel stressed at times, and this is a very **normal** reaction. You might be currently dealing with:

- Death or loss
- Conflict with friends, teachers, or family members
- Divorce/change in family circumstances
- Exams/tests
- Illness (of yourself or a loved one)
- High levels of homework or coursework
- Feeling pressure to do well

Stress isn't always a bad thing! It can push you to challenge yourself and push towards goals and deadlines, which are **necessary skills in life**.

It's important to be able to **cope** with stress- you can't avoid it unfortunately, but how you **deal** with it will make a big difference!

Coping with stress

- Firstly, figure out what is causing you to feel stressed- maybe write it down in a list so you can put them in order of biggest issue to smallest?
- Remind yourself: **this stress won't last forever!**
- Talk to someone you trust- this might be a family member, friend. **Talking really helps!**
- Think about what **relaxes** you- this might be watching Netflix, taking a nap, listening to music, or getting outdoors for a good nature walk.
- Spend time with people who **bring you happiness**- good friends and family, or even any pets that you might have
- Exercise is a great way to de-stress- it produces 'feel good chemicals' in the body, so find an activity you enjoy and **keep active**
- Structure is important and helps you feel a **sense of control**- try to keep bedtime/mealtimes the same and keep a **good routine**
- Make a playlist of chilled music that relaxes you
- Practice breathing techniques to bring stress levels down (see resources)



"Sometimes we all need someone to talk to"



Helpful Resources

[Young Minds: Exam Stress](#)

[YouTube: Stress management tips](#)

[YouTube: Box Breathing for stress](#)

[CALM \(APP\)](#)

[Headspace \(APP\)](#)

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

info@eyetoeye.wales

Childline

0800 1111

www.childline.org (online chat available)

The Mix

0808 808 4994

www.themix.org.uk (online chat available)

Kooth

www.kooth.com (online chat available)

