Eye to Eye Counselling Service

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:

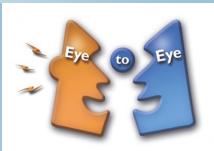
- Death or loss
- Conflict with friends, teachers, or family members
- Divorce/change in family circumstances
- Exams/tests
- Illness (of yourself or a loved one)
- High levels of homework or coursework
- Feeling pressure to do well

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)

Eye to Eye Counselling Service Beddau Community Education Centre Bryncelynnog School Beddau, CF38 2AE

Tel: 01443 202940 Email: info@eyetoeye.wales Charity No. 1170631

