

8 WAYS TO DEAL WITH STRESS & ANXIETY



Breathe

Take deep breaths. Inhale deeply and exhale slowly when you are stressed.



Think Positive

Maintain a positive attitude. Make a conscious effort to replace negative thoughts with positive ones.



Count

Slowly count to 10. Repeat and count again if necessary.



Self-Care

Take a time out. Relax. Listen to music, meditate, and calm your thoughts.



Acceptance

Accept that you cannot control everything. Put stress into perspective.



Write

Write your thoughts and feelings into a journal when you are feeling overwhelmed, and look for patterns to learn about what triggers your stress and anxiety.



Try

Do your best. Perfection is imperfection. Be proud of your best effort.



Communicate

Reach out to your friends, family, school counselor, school mental health clinician, family physician, or therapist for professional help.