

Stress Busters

Get rid of stress by trying the following:

Move your body – ride your bike, dance, jump rope, swim laps or take a long walk.

Work on a hobby – a puzzle, a sticker collection, a photo album.

Listen to music.

Close your eyes, take deep breaths in through your nose and out through your mouth.

Get plenty of sleep, at least 8-10 hours every night.

Eat a balanced diet, low in sugar and fat.

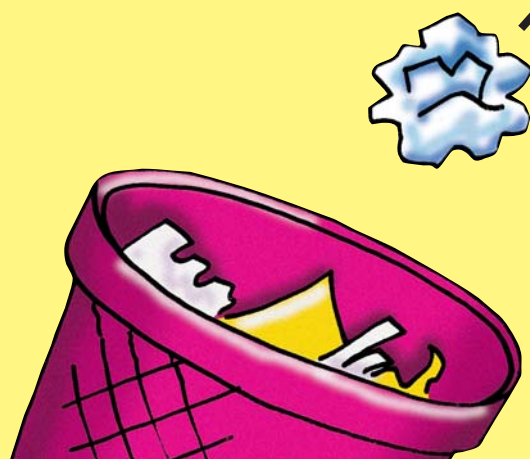
Talk to a friend or adult you trust about what is stressing you.

Spend time thinking quietly.

Do something nice for someone else.



IMPORTANT: If you feel the effects of bad stress every day for two weeks or more (e.g. headache, heart pounding), be sure to tell your parents, guardian or an adult you trust.



Stress Buster

Draw a picture or make a list of whatever is stressing you out. When you're finished, feel your stress melt away as you tear the list up and throw it into the trash basket!!