

SELF-REFLECTION

Answer these questions. Are you happy with your answers, or would you like to make some changes?

- Do you recognize the things that trigger your stress?
- What strategies do you use to deal with stress?
- What emotions do you feel/thoughts do you have when you're stressed out?
- Do you beat yourself up with negative self-talk?
- Do you find help from a friend, relative, or counsellor?
- If a close friend were stressed out, what would you do or say to try to help?

TIPS

- Be able to recognize the symptoms of stress.
- Get in control: scope out the situation and how you're going to tackle it.
- Learn how to cut through negative thoughts.
- Build self-care into your routine.
- Soothe your senses: use lavender oil while you snuggle under a plush blanket.
- Keep a journal to ease anxiety.
- Spend time in nature or with a pet.
- Take a break and colour.
- Get plenty of exercise (outdoors if possible).
- Listen to your favourite music.
- Laugh as much as possible!



Stress Management



Stress Management Strategies

Recognize symptoms of stress:

- Negative and/or racing thoughts
- Anxiety
- Irritability
- Muscle tightness
- Headaches
- Frequent or long-lasting illnesses
- Inability to sleep (insomnia)
- Shortness of breath and/or racing heartbeat
- Self-harm like excessive drinking or drug use

Recognize what triggers stress:

- Assignment deadlines
- Exams and presentations
- Lack of school-life balance
- Relationship issues
- Money issues
- Lack of sleep
- Lack of exercise
- Poor diet
- Negative thoughts

Mental Strategies

- Observe your thoughts. Are you ruled by negative self-talk?
- Use positive self-talk: "I will pass this exam," or "I will meet this deadline."
- Use laughter to interrupt negative thoughts. (Silly animal videos work!)
- Visualize yourself at your favourite stress-busting location.
- Try mindfulness meditation.
- Do a "brain dump" on paper. The process of writing down your problems can be healing.

Physical Strategies

- Do mini-meditations and deep breathing throughout the day.
- Give someone a hug.
- Take frequent stretch breaks.
- Exercise daily or at least several times a week. Even a 10-minute walk can help.
- Do yoga, Pilates, or some other form of gentle stretching.

Lifestyle Choices

- Get enough sleep!
- Build exercise into your daily routine.
- Eat well-balanced, healthy meals, and eat regularly.
- Hang out with people who support you and make you feel good about life.
- Avoid people who bring you down or make you feel inferior.
- Build relaxation time into your schedule.

Seek help:

- Confide in a friend or classmate. You are not alone!
- Visit Camosun's Counselling Centre if you need extra support.