

# MANAGING STRESS



Don't ignore the feeling. Learn to recognize what is causing stress in your life to help eliminate possible stressors.



Try to maintain a focus on the positives. When people are under a lot of stress they tend to focus more on the negatives.



Create a support system. Identify the individuals in your life that you can lean on during times of stress.



Identify healthy outlets for stress. Examples of healthy outlets include but are not limited to:

- ▶ Write
- ▶ Exercise
- ▶ Meditate
- ▶ Go on a walk
- ▶ Listen to music/podcast
- ▶ Read
- ▶ Call a friend/family member
- ▶ Take an adult "time out"



Seek professional assistance if you have difficulty coping with your stress. Consult with your health care provider for ways to manage your stress if you are feeling overwhelmed.

