

uniquely ME!

THE REAL DEAL



six ways to stress less

1. GET TOGETHER WITH A FRIEND.

Discuss your stressful situation and let her tell you about hers (don't worry, she's got one too!) – maybe while going for a walk, baking cookies or doing some other fun thing. Together, figure out ways to cope. Or better yet, just laugh until your stomachs hurts! Rent a comedy, make up silly jokes, or do imitations of famous people.

2. FOCUS ON YOUR INNER VOICE.

Spend some time in a quiet place reflecting on how to get a better handle of stressful situations.

3. SAY YES TO YOURSELF.

You don't have to join every club or go to every party. Doing too much can be a stressful burden. Say no to others in order to say yes to yourself.

4. GET ORGANIZED.

Write down your test and other school work due dates, activities, chores, etc. Cross off items as you complete them. Give yourself a small reward for every task you complete.

5. DO A GOOD DEED.

Helping others is a great way to feel good about yourself. When you feel good about yourself, you may find you can manage your stress better. Volunteer, help a neighbor, do something special for a family member. Take your mind off your own worries and focus on helping someone else.

6. DON'T PROCRASTINATE!

Putting off things you have to do and don't want to do just creates more stress for yourself. So make up with your friend or start writing that essay you've been putting off- and do it TODAY!