

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.



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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!!