HOW TO MANAGE STRESS

The first step is getting enough sleep! Being well-rested results in many amazing benefits:

- Makes managing stress easier
- Keeps your mood stable, so you're less likely to feel overwhelmed by the eventual build up of small stressors
- Helps to feel prepared & face challenges calmly/effectively

CATCH SOME Z'S!

The second step is to take the time to revisit an old hobby or find a new one! Helps to

- Forget your daily pressure,
- Take some time for yourself
- Also give you a sense of accomplishment to lift your mood, which makes dealing with stress easier.

FIND YOUR PASSION!

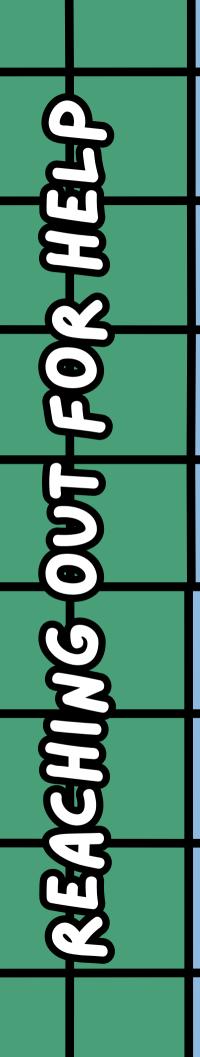
The third step is to schedule time for yourself to enjoy your hobby! Creating a routine helps:

- Know you have time to relax
- Allows you to stay motivated and work hard until the rewarding break!
- Have specific days to look forward to

TAKE BREAKS!

- Journaling
- Exercising
- Drawing/Painting/Crafting
- · Listening to music
- Watching your favorite movie
- Cooking/Baking
- Spending time with family and friends

EXAMPLES!



WHY
REACH
OUT FOR
HELP?

Reaching out is important for your mental health to prevent burnout. ALSO: Asking for help early allows you to stay balanced and avoid reaching a breaking point.



WHEN IS
A GOOD
TIME TO
REACH
OUT ?

when you start feeling
overwhelmed, try
reaching out (the
sooner the better) to
prevent further stress.
OVERALL: Timing will be
different for everyone,
so listen to your mind
AND body since it knows
what is best for you.

WHO SHOULD I TALK TO?

1616

- Close friends
- Close family
- Coaches
- Teachers
- Mentors (KITTY HAWK!)
- Therapists
- Other trusted adults

