



# 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!

# REACHING OUT FOR HELP

## 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?



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

