

Stress Management Tips

FEELING STRESSED?

These proven strategies can help you understand and manage your stress.

MANAGE THE EMOTION

BREATHE IT OUT

Deep breathing lowers levels of cortisol (stress hormone).



EXERCISE AND MOVE

Exercising works your pituitary gland, which releases endorphins and lowers stress levels.



USE RELAXATION

Practise mindfulness, progressive muscular relaxation, watch a movie or read a book.



BREAK THE THOUGHT

Look around and list 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste. Reset.

MANAGE THE PROBLEM

SING OUT

Don't rely solely on yourself if things are not going to plan. Ask for help!



MANAGE YOUR TIME

Don't panic! Make a list and prioritise your work, set realistic deadlines and prepare a weekly homework or study schedule.



SLEEP WELL

Poor rest makes it harder to retain information, manage school and friendships. Go screen-free two hours before bed.

