Stress Management Strategies

Play a game
Do something physical-exercise
Swimming
Yoga
Team sports
Weight lifting
Go for a walk
Don’t have caffeine
Do anything fun
Talk about it with someone you like
Drink water
Think happy thoughts
Use positive self-talk
Mentally escape, take an imaginary vacation
Say good things to yourself
Take deep breaths
Close your eyes and relax
“Worst case scenario,” think how much worse it could be
Count your blessings; think about the good parts about your life
Don’t be an overachiever- be happy with doing well even if you do not have the best performance
Talk to a counselor or relative
Be politely direct with the person who you are stressed with
Exercise please!
Meditate
Hot bath or shower
Paint
Draw
Build something with materials you have- from legos to trash
Ride your bike or run
Go to your favorite store and check out the cool stuff
Have a popsicle or chew ice
Chew gum
Watch a movie or TV
Play a video game
Do research on something you are interested in
Read a book
Can you think of more?