

## Positive Ways to Cope with Stress

Everyone has different stressors, but the most common stressors found in teens are: academic stress, social media, family discord, world events, traumatic events, and significant life changes. When your teen is stressed, there are emotional, physical, and cognitive changes in their behavior. Some common things to look for regarding stress are emotional changes such as (changes in eating or sleeping habits and/or avoidance of normal daily activities), agitation, anxiety, and/or depression. Physical changes like frequent illnesses, complaining of headaches, stomachaches, and other aches and pains are another way to tell if your teen is stressed. Cognitive changes including decreased concentration, forgetfulness and/or the appearance of carelessness are other tall tale signs of stress.

Everyone has different stressors and everyone uses different methods to cope with stress. Not every method is meant for every person, but it is important to find one that works best for you, if one thing doesn't work keep trying others. It can also be helpful for families to try these together!

### Physical:

- Practicing good sleep hygiene
- Exercise regularly
- Maintain a healthy diet
- Avoid consumption of alcohol and other mood altering substances (including not prescribed sleeping aids and caffeine)
- Establish a consistent routine

### Emotional:

- Write things down
- Be mindful of your attitude and approach to life
- Give yourself regular breaks
- Practice self-soothing techniques
- Engage in pleasurable activities (spend time doing things you enjoy)
- Maintain and utilize supportive relationships

### Social:

- Spend face-to-face time with loved ones
- Get coffee with friends/family
- Getting off of social media
- Talking to a loved one on the phone
- Practice healthy screen time habits

### Spiritual:

- Meditate
- Practice deep breathing or relaxation
- Prayer
- Yoga

\*\*\*Clear Fear is a free app available on iTunes and Google Play

#### Works Cited

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