

# Top tips for reducing stress and pressure

Use your support networks, family and friends and talk about the problem as soon as possible.

Know about organisations and people who can help you.

Maintain a balanced lifestyle with time for hobbies, leisure, rest, socialising, work and solitude.

Get lots of exercise – find out what works for you.

Get a healthy diet – reduce fat, salt and sugars!

Use relaxation strategies daily, e.g. a relaxation script, yoga, deep breathing, visualisation, etc.

Get enough sleep – know what you need!

Use problem-solving and try to generate as many solutions as you can.

Develop and use good study skills. If you haven't got these then ask for help or access a study skills course.

Treat stress as a problem in need of a solution.

Know where your energy comes from, for example, specific friends, exercise, food, and try to increase these. Know where, what, who drains you of energy and try to avoid these things or people as much as possible.

Try to remember to focus upon all the positive things about you and your life.

Keep things in perspective – don't blow it up!

Think positively and keep a sense of humour.

Don't take your stress out on those most likely to help you – it's not fair!

Be assertive and fair to other people.



## **Photocopiable:**

*Developing Emotional Literacy with Teenagers*, 2nd edition © Tina Rae, 2013 (SAGE)