



Family problems, not enough time, trouble with friends, worries about money – these are just a few of the many things that can cause stress. Learn how to get a handle on stress with these practical suggestions.

Slow Down. Leave yourself plenty of time to do what you need to do. Being too busy is a big source of stress. When stress hits hard, take a time-out. A few minutes away from a problem can help. Breathe deeply – slowly in, slowly out. Think of something pleasant and then return to the situation more relaxed.

Exercise. Stress produces chemicals in your body that make you feel edgy and tense. Your heart beats faster. Your muscles get tight. You breathe harder and your blood pressure goes up. Exercise is a great stress buster. The type of exercise that will relieve your stress depends on your personality and lifestyle. If you usually do quiet activities, vigorous exercise may be best. If you're usually active, calming exercise may be better. Choose an activity you'll enjoy.

Get Plenty of Rest, Eat Well. Not getting enough sleep can make you clumsy and emotional and make it hard to concentrate, which may lead to poor decisions. Try to get at least eight hours every night and go to sleep and get up at the same time every day. Also, eat a balanced variety of foods that are rich in vitamins and minerals.

Talk it Out. Don't feel alone with your problem — chances are good that other people feel the same way you do. Ask for help. If you feel like your stress is just too much, talk with your parents, siblings, a trusted friend or a counselor. Source: <https://www.sutterhealth.org/health/managing-your-stress>

