

wellness

STRESS

Life Spinning Out of Control?

Some days you're on top of it all, everything's in balance—homework, school activities, part-time job, you social with friends and have time for yourself. Other days, you're not sure whether you or stress is in charge of your life.

Juggling It All

Most parents will be the first to admit that today's teens have significant stress. There are so many demands on your time, your brain, your life. Keeping it all in balance, meeting your goals and achieving all you're after take a toll.

Stop, Breathe

First, you've got to recognize when you're feeling on edge, overloaded, stressed out. Then you've got to have some immediate coping strategies—a quick break, some deep breaths, a healthy snack and few minutes to compose yourself.

For the long haul, you need ways to regularly reduce your stress, to relax. It might be playing your guitar, going for a run or reading a fun book. Whatever takes your mind off the little and big challenges and allows you to simply be.

Accept That Life Happens

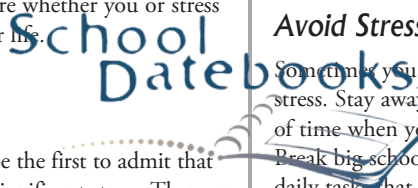
Sometimes you can't avoid stress. Family problems, a loss, a move, a disappointment. These take energy to get through. That's where good rest, healthy foods and learning to accept the things you can't change can help.

Avoid Stressful Situations

Sometimes you can separate from your stress. Stay away from gossip. Allow plenty of time when you need to be somewhere. Break big school projects into small daily tasks that will keep you on track for the deadline. Practice every day so you can be confident that musical, musical or other performance comes easier.

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"A vigorous five-mile walk will do more for an unhappy but otherwise healthy adult than all the medicine and psychology in the world."
— Paul Dudley White