
Managing Stress

Tips from the
Counseling Department



7 Tips

1. Breathe

from your stomach, count to 3 while breathing in and 3 when breathing out. Repeat as long as necessary.

2. Practice Mindfulness

manage anxiety by naming 3 things you see, hear and feel.

3. Use some TLC

Talk to a counselor/social worker, teacher, parent;
Look for the silver lining (build on the positive there is always a positive);
Change the channel- do something different, take a walk, take a shower, take a break

4. RID yourself of Anxiety by

Renaming your thought to a less anxious one;
Insist in your own sense of control over the anxious thought;
Defy your anxiety by doing the opposite of avoiding and instead face your fears to overcome them.

5. Engage in Gratefulness

Gratefulness helps to increase happiness and mental health.
Think of 3 people you are grateful for and text, email or call them.

6. Reduce Negative Emotional States

by listening to music, setting up a schedule including moving for 30 minutes, eating healthy, and having some fun!

7. Ask for Help

It is OK not to be OK as long as you ask for help from a trusted adult. We are in this together!

Stress Management Techniques Online

[Tips to reduce stress](#)

[Breathing exercises for Kids](#)

[Keys to being resilient during difficult times](#)