

Teens: How to manage stress



Use this sheet to help manage your stress.

- **Take care of yourself.** Eat well, sleep at least 8 hours, and stay active. Doing these things can help you feel less stressed.
- **Avoid drugs and alcohol.** Drugs and alcohol do not make the stress go away. They often make you feel worse after you use them.
- **Talk to a friend you trust.** They may help you think of better ways to deal with your stress. You can also talk to a parent, teacher, or counselor.
- **Cool off.** Breathe deeply, go for a walk, listen to music, read a book, or see a movie. This can help you relieve some stress.
- **Make a plan.** If you have a lot of things to do from work or school, create a to-do list to help you get organized.
- **Ask for help.** If you are having a hard time with things, talk to a parent or school counselor. You can also call:
 - 866-246-8259 to speak to a CHN social worker or therapist to talk about stress.
 - Lifenet at 1-800-543-3638 for help managing stress. All calls are private.

If you have questions, talk to your CHN social worker or therapist.