

## **Information for Adolescents...Dealing With Stress**

**Adapted from: Dealing With Stress: A Survival Manual by and for Adolescents**

Adults sometimes believe we live in a world without stress, or at least without anything like the stress they must deal with everyday. Our stresses may be different, but they are no less real. These may be “the best years of our lives” but they will be that only if we find effective ways of dealing with the stress which accompanies them. Here are some suggestions for dealing with the stress which we believe you may find helpful.

### **Do**

- Talk out the situation with someone in whom you can confide
- Make lists of things you feel you have to get done, then cross off each job as you complete it
- Try to figure out the sources of your stress. This can help you feel a bit less “helpless.”
- Get regular exercise...it helps reduce feelings of stress
- Relax...find a quiet place or do something you enjoy. (Pet your dog or cat, listen to music)
- Remember your past successes...this can build strength and hope
- Help someone else...it can be a reminder you are not helpless
- Seek help from someone else when you can't handle a problem alone. Friends, siblings, parents, counselors...someone WILL be there for you.

### **Don't**

- Take on any more responsibilities if you already have too many. You might even decide to get rid of some of the responsibilities you already have
- Procrastinate...get as much done as you can without pressuring yourself.  
Remember: “The longest journey begins with but a single step.”
- Take short-term “escapes”. Don't self-medicate with drugs or alcohol and don't go on eating, dieting, or sleeping binges. This won't solve any problems but will rather postpone or make things worse.
- Blame others for your problems...start taking responsibility for your own life, then you can also take credit for your successes
- Keep feelings bottled up. That kind of pressure can make you explode

- Let others pressure you (parents, teachers, bosses, coaches). Listen to what they have to say, but set your own goals.
- Let yourself become isolated...people DO need people
- Overwork yourself...do all you can, but remember that tomorrow is another day!

*Remember, the world is not perfect and we don't have to be perfect either. Just try your best, care about other people and remember to let them care about you.*