

## HURRY UP, AND SLOW DOWN

**S**chool work piling up, starting a new job, your friend isn't returning any of your texts, your parents are on your case to clean your room AGAIN, basketball practice, and you still have to pick a topic for History class...sound familiar?



Welcome to a day in the life of a 21<sup>st</sup> century teenager. For many teens this is not only a time of new found freedom, it can also be a time of constant pressure and stress. This can be a difficult time, which may lead to major anxiety as you begin juggling school, a job, and/or, sports for the first time. Preparing for college causes our older teens angst, whether it's filling out college applications, or pushing to take harder, more advanced classes. Meanwhile others may become anxious finding themselves being pulled in different directions socially; thinking they are losing some friends though they may be gaining new friends in the process.

There are many different coping mechanisms you can try on your own to decrease some of the stress in your life such as:

- Throwing in your earbuds and going for a long walk
- Getting 7 to 8 hours of sleep a night
- Eating sensibly
- Meditation
- Daily physical activity
- Talking with a supportive person, whether it be a friend, a family member, your coach or your favorite teacher - anyone you can vent to can make a huge difference
- Writing things down, whether to keep yourself organized in list form so you don't forget things or in a journal of your thoughts to share with no one, but to just clear your head

Remember, life is crazy busy for all of us. We can all use a little extra help now and then to help minimize the stress in our day to day to lives. Please listen to your body; try to get a little more rest. Be kind to it, it's the only one you've got! And, don't be afraid to ask for help when you need it.

Your PHS Counselors are always available to help!