



Unusual but Effective Stress Reduction Techniques!

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What are Your Stressors?

Pressure from Peers ~ Fitting In ~ Grades ~ Family Conflict ~ Homework Overload ~ Death/Loss ~ MCAS ~ College

These techniques are not the usual “Just Breathe Deeply”..... These techniques are more active and work with the “**left part of the brain**”. Emotions get processed on the right side of the brain. When we feel overwhelmed, the left and right side of the brain don’t work together effectively (that’s when we shut down). Many of these you can do right in class or work and no one will know you are doing them!

TECHNIQUES:

1. **Tapping:** Cross your arms and tap side to side— alternating taps. Go as fast or slow as you want! There is no right way.
2. **Count backwards:** Count

backwards from 100 by 3’s. If that is too easy, try counting backwards by 4’s or 7’s. This exercise requires the left side of the brain to work.

3. **Spell Backwards:** Spell any word backwards— but make it a little tough.
4. **Opposite Hand:** Try writing or drawing with your opposite hand.
5. **Grocery List:** Make a list of food to buy at the store.
6. **Singing:** if you are alone and overwhelmed. Try singing (not humming) out loud!
7. **Make a List:** We usually keep all our worries in our head!



Write a “To Do” list and prioritize. Number each task, decide which one you plan to do first, second, third and how long each one might take.

8. **Dance!** Put on your iPod and dance in your bedroom!



Get the Stress out of your Head!

Journal: We keep a lot in our heads! Write or Draw about your stress!

Exercise: Get outdoors and walk, ride your bike, run, swim... do something active to get your nervous energy OUT!

Talk: Talk (not text) with someone you trust ~ your friends, your counselor, grandparents, a therapist, pastor at church, parents, neighbor, but mostly be honest about what is going on inside your head and heart!

