

COPING STRATEGIES FOR TEENS (OR ANYONE ELSE) UNDER STRESS

- Communicate with friends and family members. Try to be open with your feelings.
- Seek professional help if you feel overwhelmed or in trouble.
- Discover and practice constructive activities that allow you to relieve energy and frustration.
- Be involved in activities that you enjoy.
- Keep reminding yourself that problems are temporary.
- Don't use drugs or alcohol and don't smoke.
- Don't put up with any form of abuse from anyone. Get help immediately.
- Don't withdraw. Spend time with your friends.
- Be very critical concerning media consumption -- books, magazines, TV, and movies.
- Regularly remind yourself of your strengths and abilities.
- Have fun on a regular basis. Plan things you look forward to.
- Make sure your personal goals are realistic.
- Eat a well-balanced diet.
- Make sure you get regular athletic activity.
- Learn to laugh at life and at yourself.
- Get enough sleep and avoid late nights out.
- Admit that certain things are out of your control — such as physical appearance and certain events and make the best of them.
- Clearly identify specific sources of stress in your life and attempt to identify a potential solution for reducing that stress.
- Consider the importance of religion in your life.
- Get involved in clubs and organizations.
- Do volunteer work.
- Listen to relaxing music.
- Go to events with family and friends.
- Be organized.
- On a regular basis, spend some time alone to think and to plan.
- Avoid sexually intimate relationships before marriage.
- Avoid negative daydreaming.
- Remind yourself that most problems are universal and that others are going through the same problems.
- Pursue a hobby or craft that you enjoy and join others who enjoy the same activities.
- Join the yearbook staff at school.
- Join an athletic team (varsity or intramural).
- Use your time wisely.