

# Coping with stress

It can be hard to manage when you are feeling stressed out. Don't worry it is normal to feel stressed sometimes and there are things you can do to ease it. Try some of the tips below the next time you're finding it hard to cope with stress.



## Prepare

It helps to break big problems down into smaller ones. It's then easier to think of ways to solve them. Try to plan ahead for things like school projects. It can also help to organise your day, so you are doing one task at a time.

## Exercise

Getting active can help manage stress. Doing something physical releases chemical endorphins into our bodies. And these chemicals can help us cope with difficult feelings. You don't have to be really sporty or competitive. Exercise can include walking, swimming, skipping, skateboarding and dancing.

## Being healthy

Eating the right food and keeping fit builds your strength and helps you cope with stress. Healthier food will also help give you more energy.

## Get creative

When you're stressed, you can sometimes be carrying around loads of pressure. Writing a diary, making notes or drawing can also help you work out what's making you stressed.

## Relaxing

Do something you enjoy that makes you feel calm. This might be listening to music or having a nice bath. You could also try some breathing exercises, meditation or Mindfulness. Try setting aside some time to relax every day.

