

How to Manage Your Stress & Worries

Get Good Coping Skills to Use in All
Areas of Your Life



Growing Worries



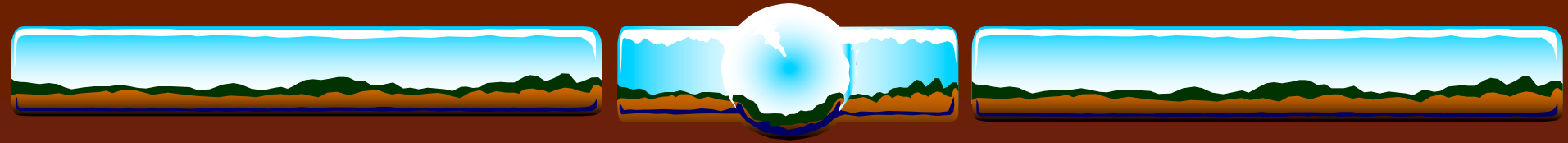
- ❖ What happens when you plant tomatoes in your garden?
- ❖ In August you have so many tomatoes you start giving them away to everyone.
- ❖ What are your expectations of yourself?
- ❖ Parent(s) expectations?
- ❖ School's expectation?



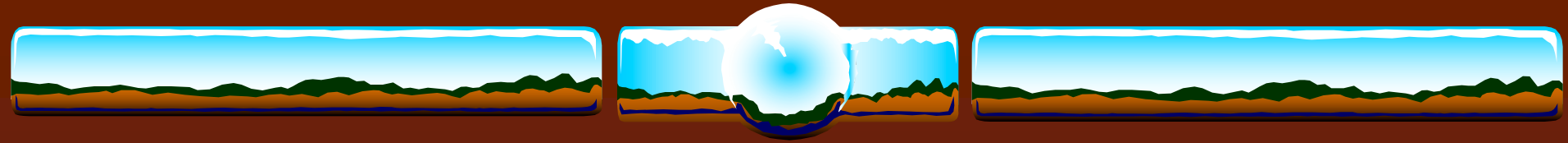


Growing your worries

- ❖ Many people “tend” to their worries, even when they don’t really mean to. Pretty soon, what might have started as a little seed has become a **HUGE PILE OF PROBLEMS** that you don’t know how to get rid of.
- ❖ You have the power to make your worries go away!



Write Down Your Top 3 Worries



Worries can have Physical Symptoms

(Circle the symptoms you experience)

Headache	Tearful	Breathless	Sweaty	Stomachache	Faint
Dizzy	Nauseous	Racing Heart	Tingly	Cold	Weak



LOGIC

- ❖ Put your worry into words
- ❖ Talking to helpful people is a good solution
- ❖ Use logic to make the worry less powerful

- ❖ Logic is: When you think about what is really true instead of what you're afraid might happen.
- ❖ Logic is: Reminding yourself that really bad things don't happen very often.



When LOGIC doesn't work

- ❖ It's time for a healthy distraction.
- ❖ Think about “TOMATOES” or something silly to you:
 - ❖ Journals Art Walking TV Show
 - ❖ Game Sport Book Fun with a friend
 - ❖ Fun with a family member



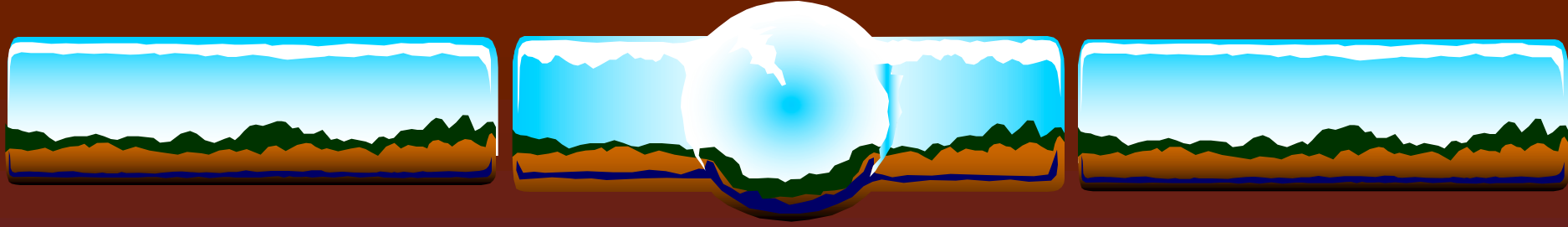
Spending Less Time on Worries/Stress

- ❖ Limit Yourself to 15 minutes of worry time a day.
- ❖ Inform an adult in your family of this time limit.
- ❖ Get busy!
- ❖ Vizualize a lock box for your worries
- ❖ Put your worries/stress in the lock box, walk away & get busy



Be your own cheerleader

- ❖ Self-Talk
- ❖ Make sure it is positive
- ❖ Give yourself an “I can do it message” everyday
- ❖ Talk back to your worries
- ❖ Use self-talk to tell worries/stress to:
 - ❖ Buzz Off!
 - ❖ Beat It!
 - ❖ I don’t think so!



Worries & Stress should not:

Become your Bully!



Re-setting Your System

(Remember the physical symptoms? They leave energy in your body.

Find positive ways to get rid of it.)

❖ ACTIVITY

- ❖ Walking
- ❖ Biking
- ❖ Swimming/boating
- ❖ Sports
- ❖ Wii/etc games
- ❖ Baking
- ❖ Time in outside
- ❖ Etc

❖ RELAXATION/VISUALIZATION

- ❖ Close your eyes
- ❖ Begin by flexing & relaxing each muscle group.
- ❖ Squeeze your fists.
- ❖ Make your legs stiff like boards.
- ❖ Scrunch up your face.
- ❖ Keep your whole body tight & count to 5 in your head.
- ❖ Then relax you whole body.



Re-setting Your System

- ❖ Pay attention to your breathing.
- ❖ In (through nose...)
 - ❖ Feel the calm, cool air fill your body.
- ❖ Out (through mouth)
 - ❖ Feel the tense, hot air leave your body.
 - ❖ Repeat 5 times
- ❖ A SPECIAL MEMORY
 - ❖ Choose a very happy time.
 - ❖ See all the details.
 - ❖ Hear all the sounds.
 - ❖ What were the smells?
 - ❖ Turn up the volume & adjust the brightness.
 - ❖ Feel it as if it was in 3D.
 - ❖ Think of one word to associate with this memory.
 - ❖ Practice the “seeing” this memory 5 more times on your own. Say your cue word with it.
 - ❖ You have just created a happiness cue



Final Thoughts

- ❖ Take good care of yourself.
- ❖ Eat healthy foods.
- ❖ Drink enough water each day.
- ❖ Stick to a regular sleep schedule, try to get 9-10 hour a night.
- ❖ Exercise every day. It helps get rid of stress
- ❖ Play a sport.
- ❖ Stay busy.



Final, Final Thoughts

- ❖ Keep your mind strong
 - ❖ Identify what you are good at...being a friend, school, a sport, drawing, singing, playing an instrument, etc.
 - ❖ Then go do that thing you are good at!
- ❖ Be proud of yourself.
- ❖ Keep working hard!