

How to manage Your stress

“Stress is a normal part of life, but it’s important to remember that no one is perfect and we all need help sometimes.”

Stress is always going to be around, and the way that you cope with this stress can affect your body and mental health. So it’s best that you learn to manage your stress, now!

First try and figure out what the problem is that is causing you stress. Then speak to other people who have experienced the same problem, like your parents/ caregiver/a trusted adult/ healthcare worker or even a friend.

Then try these simple tips to help reduce stress:

- **Exercise.** If you walk, run, dance, or play sport for at least 30 minutes a day it can make more happy chemicals in your brain which will de-stress you.
- **Take deep breaths.** Take big breaths, hold it for 3-5 seconds and then let it go. You can also say positive things like 'I can do this'.
- **Do muscle relaxation exercises.** Tense up all the muscles in your body from your toes to your head and then relax them (let go). Continue this until your entire body feels relaxed.
- **Take an instant holiday.** Close your eyes and think of somewhere peaceful and relaxing. Imagine being there and enjoy this imagined instant holiday until you feel calmer.
- **Let your feelings out.** Write down your feelings or draw a picture about how you feel or what is stressing you. Listen to music relaxing or positive music and let go of your feelings that are causing you stress.
- **Focus on what you can control.** You can control your own reactions and your own actions. Focus on that and let go of what you cannot, like other people's opinions and expectations.

Stress is a normal part of life, but it’s important to remember that no one is perfect and we all need help sometimes. So ask for help when you need it! Speak to a trusted adult, healthcare worker at your local clinic or call a helpline like Lifeline (0861 322 322). Or ask an expert for help on www.bwisehealth.com

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