

Stress Management Strategies

Play a game
Do something physical-exercise
Swimming
Yoga
Team sports
Weight lifting
Go for a walk
Don't have caffeine
Do anything fun
Talk about it with someone you like
Drink water
Think happy thoughts
Use positive self-talk
Mentally escape, take an imaginary vacation
Say good things to yourself
Take deep breaths
Close your eyes and relax
"Worst case scenario," think how much worse it *could* be
Count your blessings; think about the good parts about your life
Don't be an overachiever- be happy with doing well even if you do not have the best performance
Talk to a counselor or relative
Be politely direct with the person who you are stressed with
Exercise please!
Meditate
Hot bath or shower
Paint
Draw
Build something with materials you have- from legos to trash
Ride your bike or run
Go to your favorite store and check out the cool stuff
Have a popsicle or chew ice
Chew gum
Watch a movie or TV
Play a video game
Do research on something you are interested in
Read a book



512-636-6250 for more information

