

How Can You Cope with Stress?

When you are worried and feeling stressed about something, your mind and body will have a reaction. This reaction can make you feel a bit low, and can sometimes make you unwell.

Your body and mind might react in some of the following ways. For each example, can you think of methods that could help you to reduce the stress?

1. Your mind is really busy and you are having lots of stressful thoughts all at the same time.

2. Your heart is beating really fast and you feel a bit breathless.

3. You feel really upset and want to cry.

4. You feel really tired.

5. You have loads of physical energy and can't sit still.

Now you have had a chance to answer the questions above, here are some suggestions. You might have thought of them already, or they might be new ideas which you could think about trying.

Whatever you choose to do to feel less stressed is up to you. Just remember to always try and keep yourself and others safe.

1. Your mind is really busy and you are having lots of stressful thoughts all at the same time.

Try mindfulness – focusing on what is happening in the present moment, instead of thinking about what has happened in the past or what might happen in the future. There are loads of resources you can use to help you achieve mindfulness. You can listen to a script, use mindful breathing, or try a relaxing activity such as colouring.



2. Your heart is racing and you feel a bit breathless.

Try taking slow, deep breaths. You could use mindful breathing again. Try to slow down and relax your body. The more relaxed your body is, the more your mind may relax as well.



3. You feel really upset and want to cry.

You could decide to cry! Sometimes crying and letting out all those emotions helps you to feel better. You might not want to cry, though, and might prefer to use a distraction. You could choose to go and do something that you really enjoy – something that makes you laugh and takes your mind away from whatever is causing you stress.



4. You feel really tired.

Sometimes you may feel really tired when you are stressed. If it is possible and appropriate, try taking a short nap. A short nap may make you feel much better, calmer and more in control. Try not to sleep too long during the day, though, as it can make it hard for you to sleep at night, which may make you feel more stressed and tired.



5. You have loads of physical energy and can't sit still.

Try exercising. Pick a sport you really enjoy. It could be a sport you play on your own or with a team; it doesn't matter! Running around and being physical can help you to get rid of the excess physical energy you have. It can help you eat better, sleep better and feel less stressed. You may need to try a few different exercises until you find what works really well for you. If you can have some fun when exercising, that will help as well, as laughing and enjoying yourself will reduce stress and make you feel a bit calmer and more in control.