

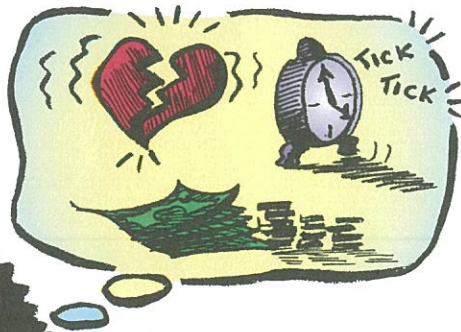
HOW TO DEAL WITH STRESS (WITHOUT USING ALCOHOL OR OTHER DRUGS)

1. Take steps to keep stress from taking over.

- ✓ Some stress is good. It keeps you motivated and focused. But too much stress can make you sick.
- ✓ Sometimes people try to deal with stress by doing things that make it worse – like using alcohol, tobacco or other drugs.

2. Look at what stresses you out.

- ✓ Some of the things that cause stress are:
 - Being too busy.
 - Not getting enough sleep.
 - Pressure from school or work.
 - Family problems.
 - Having trouble with a friend, boyfriend or girlfriend.
 - Struggles with personal identity.
 - Not having enough money.

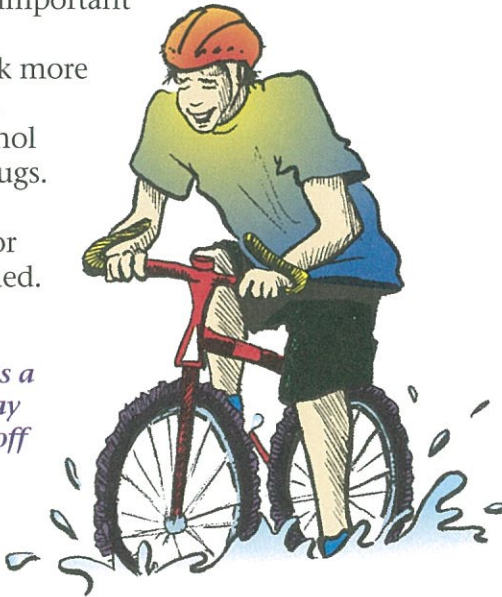


What stresses you out?



3. Recognize the signs of stress.

- ✓ Some signs of too much stress include:
 - Feeling anxious, nervous or tired.
 - Not being able to concentrate.
 - Forgetting important things.
 - Getting sick more than usual.
 - Using alcohol or other drugs.
 - Feeling depressed or overwhelmed.



Exercise is a great way to burn off stress.

4. Identify what you can control – and what you can't.

- ✓ Some things that cause stress are easy to change.
- ✓ For example, if you always forget your homework in the morning, you can put it in your backpack the night before.
- ✓ You can't change things like getting the flu or your parents' getting a divorce. But you can take steps to help you get through stressful times.

5. Slow down.

- ✓ Having too much to do is a huge cause of stress. Consider cutting some things out of your busy schedule.
- ✓ Decide what's most important to you. Remember, you can't do it all.

6. Get physical.

- ✓ Anything that gets your body moving will help burn stress.
- ✓ Go dancing. Ride your bike. Take a hike. Play a game of basketball with your friends.

7. Eat when you're hungry, sleep when you're tired.

- ✓ Not eating right or not getting enough sleep stresses your body – and makes it harder to deal with other kinds of stress.
- ✓ Eat breakfast, lunch and dinner. Go for healthy snacks. Avoid junk food.
- ✓ Make sure you get enough sleep.



Laughing is another good way to release stress.

8. Take time for yourself.

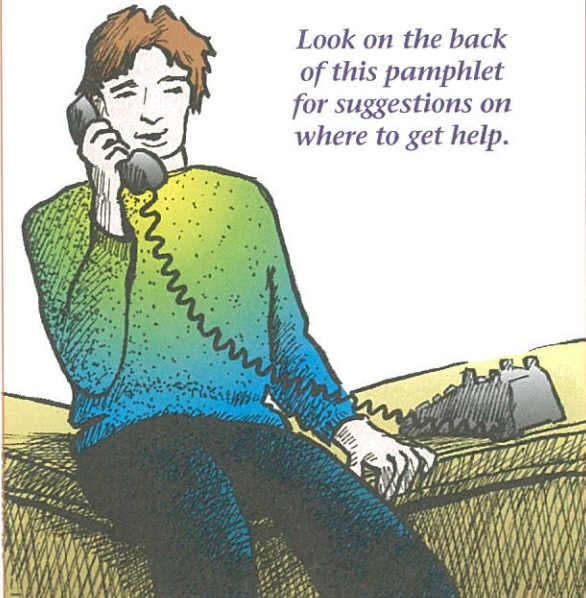
- ✓ Do things that help you relax. Listen to music. Hang out with friends.
- ✓ Laugh! It's a great way to release stress. Watch a funny movie.
- ✓ Spend some time by yourself.

9. Alcohol and other drugs make stress worse!

- ✓ Sometimes people think that getting high or drunk will help them feel better.
- ✓ Alcohol and other drugs will only make stress worse. They add to trouble at home, school or work.
- ✓ Do not overeat, skip meals, or isolate yourself from others to deal with stress either.

10. Talk it out.

- ✓ Do you feel like things are just too much? Do you think about dropping out or running away?
- ✓ If so, get help now! Talk over your feelings with a trusted friend, family member or counselor.
- ✓ If you feel so stressed you can't take it, get help now by calling a crisis or suicide hotline.



Look on the back of this pamphlet for suggestions on where to get help.

If stress gets too big, you can get help.

- You can get help by talking with a counselor or your healthcare provider. Or, if you need to talk to someone right away you can call a crisis hotline.
- To find hotlines and resources, look in the yellow pages of your local phone book under "crisis intervention" or "suicide prevention."

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