

## **5 Tips to COPE with Stress**

1. Get some sleep
2. Focus on your strengths
3. Do things that make you happy
4. Engage in Physical Activity
5. Talk to someone

### **SLEEP**

For one week monitor the hours of sleep you are getting. You need to get 9 ½ hours of sleep to help you grow and develop properly.

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

Saturday: \_\_\_\_\_

Sunday: \_\_\_\_\_

If you have trouble sleeping try deep breathing, stretching, or even setting a bed routine to get your body to relax prior to lying in bed.

### **Focus on your strengths**

Take time to think about what YOU'RE good at and ways to do MORE of those things.

List 4 of your strengths you will work on for the next week.

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

When you start to feel you are getting stressed focus on one of these to participate in to get yourself in clear state of mind.

**Tip:** Stress can cloud your judgment and you will not think clearly.

### **Do things that make ME happy.**

Take a moment to think about positive activities or hobbies that you enjoy doing. Complete the list below with things that make you happy.

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_
- 4: \_\_\_\_\_
- 5: \_\_\_\_\_

This week try to incorporate these into your daily life.

By doing things we enjoy we can keep our stress level down. This allows us to cope with stress we may dealing with in a **POSITIVE** way.

### **Engage in Physical Activity**

List seven physical activities you would enjoy engaging in over the next week. This can be a bike ride, stroll, run, or walk.

|          |          |
|----------|----------|
| 1: _____ | 2: _____ |
| 3: _____ | 4: _____ |
| 5: _____ | 6: _____ |
| 7: _____ |          |

Exercise takes our mind off stress and releases chemicals in our brain that makes us feel better.

Exercising also keeps you healthy and helps you sleep better!

## **Talk to Someone**

It can be hard to manage your stress alone. Talk to a parent or trusted adult about the stress you are facing, and they can help you.

You may feel free to make a list of the people below if you would like.

---

---

---

Always remember you are not the only one facing stress and you DO NOT need to do it alone.

