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# Managing Stress

Tips from the  
Counseling Department



## 7 Tips

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### 1. Breathe

from your stomach, count to 3 while breathing in and 3 when breathing out. Repeat as long as necessary.

### 2. Practice Mindfulness

manage anxiety by naming 3 things you see, hear and feel.

### 3. Use some TLC

**T**alk to a counselor/social worker, teacher, parent;  
**L**ook for the silver lining (build on the positive there is always a positive);  
**C**hange the channel- do something different, take a walk, take a shower, take a break

### 4. RID yourself of Anxiety by

**R**enaming your thought to a less anxious one;  
**I**nsist in your own sense of control over the anxious thought;  
**D**efy your anxiety by doing the opposite of avoiding and instead face your fears to overcome them.

### 5. Engage in Gratefulness

Gratefulness helps to increase happiness and mental health.  
Think of 3 people you are grateful for and text, email or call them.

## 6. Reduce Negative Emotional States

by listening to music, setting up a schedule including moving for 30 minutes, eating healthy, and having some fun!

## 7. Ask for Help

It is OK not to be OK as long as you ask for help from a trusted adult. We are in this together!

## **Stress Management Techniques Online**

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[Tips to reduce stress](#)

[Breathing exercises for Kids](#)

[Keys to being resilient during difficult times](#)