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# YOUTH HEALTH BULLETIN

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## ARE YOU STRESSED OUT?



**E**veryone gets stressed at some point, even Wally Cat! During school we may feel stressed because of a test. At home we may feel stressed because we need to clean our room. There are a lot of different stresses in our lives and a lot of different ways of dealing with stress.

Wally Cat has some tips to help keep you calm when you are stressed out. You may not be able to do all of them, but try one or two and see how you feel.

**Tip #1:**

**Get Moving!** Getting your body moving is a great way to reduce the stress you feel. Exercising on a regular basis can help prevent stress. To get moving, you might want to play a game with your buddies or take a walk with your friends.

**Tip #2:**

**Eat Right!** Make sure to eat well. Starting the day with breakfast can help

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you handle the day ahead. You should eat plenty of fruits, vegetables, meats, and whole grains. Do not be fooled by the energy you get after having a soda or sugary foods and candy. That good feeling will wear off fast and you may feel even worse than when you started.

### Tip #3:

Laughter is the best medicine! It has been proven that laughing actually makes you feel good. If you feel stressed watch a funny video or laugh at a friend's joke. If you do something silly, it is ok to laugh at yourself too!

### Tip #4:

Hang out with your friends! Just by being with your friends you may be able to forget about your stress. Play a game, shoot some hoops, or take a walk — just be together and have a good time.

### Tip #5:

Talk to someone you trust! Keeping your feelings inside is not healthy. Talk to a parent, friend or even a teacher about how you are feeling. They might be able to help you think about your feelings in a different way.

### Tip #6:

Relax! Although you may be stressed, make yourself find a moment to relax. Maybe you have a favorite spot to sit and read or even daydream. Stress may feel like it is crushing you. Take a break from thinking about it.

### Tip #7:

Get your rest! When you are not rested, it may make stress feel much worse. When you have not rested, that big test may seem even worse! Getting enough sleep is important. You need it to re-charge for the day ahead.

### Tip # 8:

Write it down! You may want to start writing in a journal. Writing down how you feel can make you feel good and help you let go of your stress.



Find a quiet spot and grab some paper and start writing.

### Tip #9:

Get organized! Did you forget your homework? Do you feel like you do not have enough time for everything that you need to do? It will help you manage your stress if you know when things need to be done. It will add to your stress if you don't. By organizing yourself you will be ready for what lies ahead.

#### REFERENCES:

- Centers for Disease Control and Prevention. Body and Mind. <http://www.bam.gov>

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