

# De-Stress!

## TOP 12 STRESS BUSTERS

When you find yourself getting stressed out, try one of these to help you relax:

1. Take a deep breath, exhale slowly. Repeat.
2. Jump up and down, swing your arms and shout.
3. Be physically active—run, jog, jump rope—anything to get your body moving.
4. Take a bath or shower.
5. Sing—in the shower, in the car, or anywhere!
6. Put on music and dance wildly!
7. Take a nap—get some sleep. Amazing results!
8. Have a good cry, take a shower, and go for a walk.
9. Put on some soothing music, lie on your back, and let yourself relax, from head to toe.
10. Go outside in nature and remember you're part of the bigger picture of life.
11. Visualize yourself getting through this stressful event by imagining yourself in a favorite peaceful and stress-free place. Concentrate on that image.
12. Ask for help from a friend, relative, teacher, or clergy. Don't feel like you have to handle a stressful situation all by yourself.

## Top 12 Ways to Prevent Burn-Out for the Long Term

1. Eat a healthy, balanced diet with a variety of wholesome foods, for long-lasting energy.
2. Don't rely on caffeine and sugar to keep you going—they stress out your system, causing energy "highs," then "lows."
3. Regularly do those things that are most enjoyable to you.
4. Take time to physically relax or meditate for at least 15 minutes each day.
5. Sleep at least eight hours each night.
6. Do something active every day. Exercise helps your body deal with stress!
7. Learn how to meditate, do yoga, tai chi, dance, or some other stress-reducing practice.
8. Write in a diary or journal regularly.
9. Find a hobby or creative expression and take time to do it.
10. Take time to reflect on past achievements. Build your confidence daily by thinking about times when you were able to handle difficult situations. Remind yourself that you can get through this one too.
11. Try not to sweat the small stuff! Try not to take yourself so seriously!
12. Always remind yourself, "This too shall pass." Try to go with the flow of life.

"Grant me the serenity to accept the things I cannot change,  
the courage to change things I can, and the wisdom to know the difference."  
—Adapted from Dr. Reinhold Niebuhr