**Tips to Manage Anxiety and Stress**

**When you're feeling anxious or stressed, these strategies will help you cope:**

•Take a time-out. Exercise, listen to music, meditate, or learn relaxation techniques. Stepping back from the problem helps clear your head.

•Eat well-balanced meals. Do not skip any meals. Do keep healthful, energy-boosting snacks on hand. .

•Get enough sleep. When stressed, your body needs additional sleep and rest.

•Take deep breaths. Inhale and exhale slowly.

•Count to 10 slowly. Repeat, and count to 20 if necessary.

•Welcome humor. A good laugh goes a long way.

•Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.

•Get involved. Volunteer or find another way to be active in your school community, which creates a support network and gives you a break from everyday stress.

• Write in a journal when you’re feeling stressed or anxious, and look for a pattern.

•Talk to someone. Tell friends and family you’re feeling overwhelmed, and let them know how they can help you. School Counselor is able to provide guidance and support.

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