



# HEY!

## Healthy Excited Youth

### What Is Stress Management?

Stress Management is a series of techniques aimed at helping you cope with anxiety and stress. You know, that pit feeling in your stomach... the jitters... feeling on edge all the time?

A stress response is great, when you're in danger. It's called Fight or Flight; adrenaline kicks in and you go into survival mode. But on a day to day basis, you don't need to be in survival mode and prolonged periods of high stress are very unhealthy.

### Stress Management Tips

- 1 Use your agenda or a planner-** Having a clear picture of the tasks you need to accomplish takes a load off your mind. If you don't have one, make the investment or reach out to us!
- 2 Get your rest!-** Sleep is the body's natural reset button. Teenagers should be getting about 8-10 hours of sleep, per night.
- 3 Listen to calming music-** This is a great tip if you're out and about but looking for a way to escape. You can pop your headphones in and zone out to calm tones or even meditation mantras.
- 4 Exercise!-** Not only is it fun but it helps your body release endorphins and relax! Aim for at least 30 minutes per day.

Learn more by visiting us at [www.HealthyExcitedYouth.org](http://www.HealthyExcitedYouth.org) and follow us on Instagram at [hey\\_org](https://www.instagram.com/hey_org)