

“10 WAYS” TO DEAL WITH STRESS

Feeling overwhelmed?

Feeling just a little grouchy?

Everyone needs ways
to cope with stress.

Here are a few ideas...

- 1 Talk to someone you trust. People who talk about their problems are usually happier and less stressed out.
- 2 Exercise for a half hour 3 to 5 times a week. It will help.
- 3 Try meditation. Listen to soft music as you close your eyes and breathe deeply.
- 4 Try to get enough sleep every night—about 8 hours for most people usually works.
- 5 Identify something you like—sports, dancing, art, music—and then do it!
- 6 Eat well. A diet high in sugar or caffeine can increase stress.
- 7 Spend time relaxing. Take a warm bath or shower, light a candle and put on music.
- 8 Get to know yourself. If you feel good about who you are, you may not feel so stressed.
- 9 Pay attention to what stresses you out. Can it be changed? Can you look at things differently and feel less stressed about them?
- 10 Don't depend on alcohol or drugs to help you. They will only make your problems more complicated.

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National Runaway Safeline

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National Runaway Safeline®

The National Runaway Safeline (NRS) is the “go to” resource for America’s runaway, homeless and at-risk youth and their families, providing solution-focused support.

OUR MISSION

To keep America’s runaway, homeless and at-risk youth safe and off the streets.

Here to listen. Here to help.

27/7/365

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