

how to deal with stress

we all have it, here are some ways to cope!

01

Find healthy coping skills



When we go through hard times, negative coping skills like drugs and alcohol can be tempting. Try and find healthy activities you enjoy doing instead; like playing sports, video games, making art, or hanging out with friends

02

find people you can trust



You are never alone, and there are always people that are here to help if you are willing to reach out! Look for a mentor, counselor, teacher, coach, or friend that you can trust with your thoughts and feelings.

03

learn how to identify your emotions



Take time to learn more about how emotions work in your body so you can express yourself better to others. Knowing your triggers and what you can do to make yourself feel better are helpful skills when dealing with stress.

04

create a 'safe space' for yourself



After steps 1-3, you are on your way to creating a safer space for yourself! Learning how to recognize unsafe situations, who to trust, and how to feel comfortable with your emotions improve your coping skills and help you get through hard times with less stress. Don't Give Up!

RESOURCES

Text HELLO to741741 | Available 24/7

Text anonymously with a trained crisis counselor for free.

Teen Lifeline | Available 24/7

1-800-248-TEEN (8336)

Arizona support line for teens operated by teens.

9-8-8 Suicide & Crisis Lifeline| Available24/7

Helps individuals in suicidal crisis with support.

Teens Helping Teens | Available 6p to 9p PST

1-800-TLC-TEEN OR text TEEN to 839863

to speak with another teen.

LearnMoreAZ.org

Get the facts on stress and much more!



**Substance Abuse
Coalition Leaders
of Arizona**

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