

# How To Cope With Stress

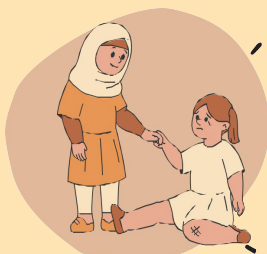


## Sometimes, Things Get Hard!

Everyone has problems. Even though we all may have different problems, you are not alone when dealing with stress. Here are some ideas on how to cope!

### 1) Find Healthy Coping Skills

When you are going through a hard time and feeling stressed, try and find healthy activities you enjoy doing; like playing sports, video games, making art, or hanging out with friends

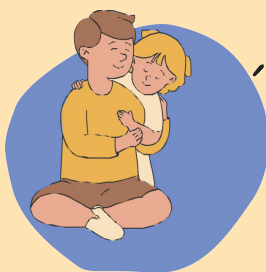


### 2) Find People You Can Trust

You are never alone, and there are always people that are here to help if you reach out! Can you think of a mentor, counselor, teacher, coach, or friend that you can trust with your thoughts and feelings?

### 3) Learn How To Identify Your Emotions

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



### 4) 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 sense unsafe situations, who to trust, and how to feel close with your emotions improve your coping skills and help you get through hard times with less stress. Don't Give Up!

# RESOURCES

**Text HELLO to 741741 | 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 | Available 24/7**

Helps individuals in suicidal crisis with support.

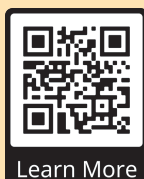
**Teens Helping Teens | Available 6p to 9p PST**

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

to speak with another teen.

**LearnMoreAZ.org**

Get the facts on stress and much more!



Learn More



**Substance Abuse  
Coalition Leaders  
of Arizona**

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