

Coping With Stress



Learning how to manage with stress so it doesn't manage you will help you cope with many aspects of your life - home, school, work, hospital, and friends.

Here are some specific techniques you can use to take care of yourself when you're "stress out":



Eat right and exercise

Take time to learn and practise relaxation skills
(deep breathing, quiet music)

Use positive self-talk, "calm down - everything is okay"

Learn to be assertive

Take time for yourself

Build supportive relationships

Talk to someone you trust

