

# Managing Stress

Transition Skills, Tips & Tools  
So Many Demands, So Little Time



1. **Stress is your body's way of reacting to life's pressures.**
2. **Many places and things can make you feel stressed:**
  - Your health
  - Home
  - Family and friends
  - Work
3. **Some stress is normal. However, if stress makes you feel sad and irritable, *WATCH OUT!***
4. **Learn to recognize the signs of stress:**
  - Physical - headache, pounding heart, trembling
  - Behavioral - anxious, changes in eating habits, sleeping problems
5. **Figure out what things make you feel stressed. You can then begin making changes in your day, relationships, work, etc., to work through your stress and feel better.**
6. **Managing your stress is important. Some ways to do this include:**
  - Deep breathing
  - Exercise
  - Listening to music
  - Meditation
  - Take a walk
  - Talk to a friend
7. **Reduce the stress in your life by scheduling daily periods of relaxation and exercise, eating right and getting enough rest.**
8. **It is OK to talk to a professional counselor.**

**You may find these stress management resources helpful:**

The University of Illinois Urbana-Champaign, Illinois Extension's Stress Management Resources: <https://extension.illinois.edu/global/stress-management-resources>

TeenHealth Matters' Stress Management Resources: <https://teenhealthmatters.org/stress-management/>

## **We're here to help.**

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: [dsc.c.uic.edu](https://dsc.c.uic.edu)

