

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:

Creative Healing for Youth in Pain: <https://mychyp.org/>

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.uic.edu

