



**MAKE SLEEP A PRIORITY - YOUR BODY NEEDS TIME TO REJUVENATE**



**EAT A HEALTHY BREAKFAST - STRESS INCREASES OUR NEED FOR FUEL**



**TAKE TIME EACH DAY TO PRACTICE RELAXATION TECHNIQUES**



**REDUCE YOUR CAFFEINE INTAKE - IT CAN INCREASE YOUR STRESS LEVELS**

# FEELING STRESSED?



## How do we manage our stress?

The truth is, we all experience stress. Some stress can actually be good; maybe it pushes us to reach a goal, helps us engage in creative-thinking, or keeps us alert in a difficult situation. Bad stress impacts us negatively, and may hinder our ability to function in our day-to-day life. So how do we manage the stress in our lives? Read below and visit the mentioned resources for

helpful suggestions and start developing your own personal stress-management plan.

The effects of stress start to build up over time, and it is important to develop healthy coping strategies now to manage your stress. [FosteringResilience.com](http://fosteringresilience.com/pdf/stress_management_plan.pdf) has a helpful 10-point plan to help manage the stress in your life. Visit the following link to check out this helpful guide: [http://fosteringresilience.com/pdf/stress\\_management\\_plan.pdf](http://fosteringresilience.com/pdf/stress_management_plan.pdf)

## Tips to stay healthy when stressed

1. Practice relaxation techniques like deep breathing, yoga, meditation and exercise.
2. Eat a healthy breakfast.
3. Drink plenty of water (8-10 glasses).
4. Get enough sleep (7-9 hours).
5. Take a short walk (10-15 minutes) each day.
6. Talk to someone & ask for help when you need it.
7. Eat balanced, healthy meals (avoid high sugar & fatty foods).
8. Don't use harmful substances like alcohol & drugs to "treat" your stress, this will only make things worse.



### Who can I talk to?

**BCHS has four School Counselors and a Social Worker here for you. If you need help, just come talk to someone!**

Jamie Marx, 12 A-Z [JMarx@bishopchatard.org](mailto:JMarx@bishopchatard.org)

Monica Helfrich, 9-11 A-J [MHelfrich@bishopchatard.org](mailto:MHelfrich@bishopchatard.org)

Catherine Welch, 9-11 K-Z [CWelch@bishopchatard.org](mailto:CWelch@bishopchatard.org)

Pam Nixon, College 9-12 [PNixon@bishopchatard.org](mailto:PNixon@bishopchatard.org)

Becky Wilde, Social Worker [BWilde@bishopchatard.org](mailto:BWilde@bishopchatard.org)

## How do I know if I need help?

Asking for help does not mean you are weak or a failure. It actually takes strength and courage to realize that you can't always handle everything on your own. You are not alone and there are people here to help you.

The following are signs that you should seek help and extra guidance:

- ▶ Your grades are dropping.
- ▶ You worry all the time.
- ▶ You are often moody or easily angered.
- ▶ You are always feeling tired.
- ▶ You feel sad or hopeless.
- ▶ You have lost interest in things you used to care about.
- ▶ You think about hurting yourself.
- ▶ You are using unhealthy coping strategies.
- ▶ You avoid seeing your friends and people you care about.

### Did you know there are apps that can help you cope with your stress & anxiety?

**App: HEADSPACE** - This app helps anyone who wants to learn meditation to reduce anxiety & stress and improve their attention & awareness. The skills taught include mindfulness, breathing exercises, meditation, tips for relaxation and concentration.

**App: PACIFICA** - Pacifica is free for iOS and Android. This app is based on cognitive behavioral therapy, which is often used to treat anxiety. In the app you can learn some guided relaxation and meditation methods, set goals, and practice breathing exercises. You can also track your thoughts and mood.

**App: WORRY BOX** - In this app you can write down thoughts, anxieties and worries, and then get anxiety-reducing advice. It's password protected for privacy and available for free to Android users.

**App: WORRY WATCH** - Worry Watch is an anxiety tracker. Use this app to track your worries so you can later visualize them and assess whether they were realistic. The app is free for iOS.

**App: ANTI-STRESS QUOTES** - Sometimes all you need is to know that everything is going to be alright. Read through positive quotes on this app to help lift your spirits. Anti-Stress Quotes is free for iOS.

**App: TAKE A CHILL** - This app has tools to help manage stress and bring mindful practices into your daily routine. Using mindful exercises and thoughtful activities, you can begin to overcome the stressful moments in your life and prevent negative thinking.

*All of the above app information, and more, can be found on the links below.*

[Anxiety & Depression Assoc. of America & Healthline](#)

*You are loved  
You have value  
You are not alone*



Steps to practicing deep-breathing:

- Lie down on a flat surface.
- Place one hand on your chest, and one on your stomach.
- Breathe in slowly and try to make your stomach rise.
- Hold your breath for 1-2 seconds.
- Breathe out slowly and lower your stomach.

