

Hack 03



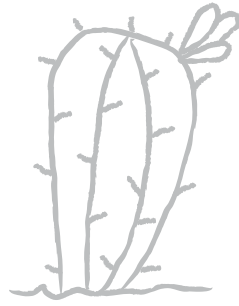
Overcoming Stress

“

**Always take the maximum out
of life, don't let life take the
maximum out of you.**

”

(Y.B)



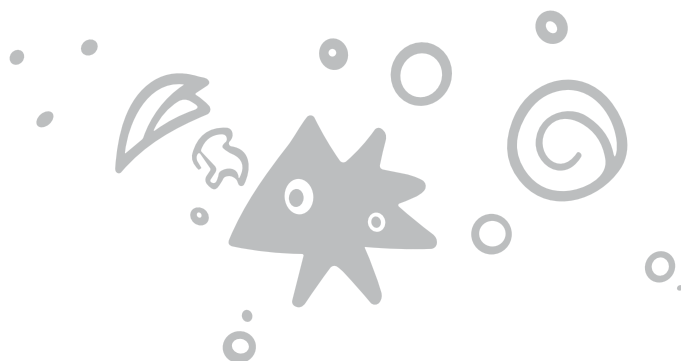
Whether we like it or not, day-to-day pressures are largely unavoidable. These can be from exams, work, home, friends, parents, deadlines, or big decisions we will need to make.

It can all become a bit too much to deal with, leaving you feeling overwhelmed by feelings of stress. While everyone can cope with some stress, too much stress can make you feel unhappy, frustrated, worried and even fearful.

There are techniques you can learn to manage stress and ride its waves, instead of letting it constantly drown you.



Think about how you usually handle stress. Would you say it's something you're good at or something you tend to struggle with? What evidence do you have for your answer?



Did you know?

You might feel stressed, anxious, tense, and worried for no actual reason.

During adolescence, cortisol, the stress hormone, is produced more easily by the body, which can cause these emotional effects on a person.

You can manage stress more easily with my Seven S's of Stress Management:

1. Specifying your stressors
2. Speaking back to stress
3. Structuring time
4. Soothing breathing
5. Separating needs from wants
6. Support
7. Smiling



1. Specifying your stressors

When you're dealing with stress, the first step is figuring out what's causing it.

But let's admit it, that's often easier said than done, right? One young person shared their insightful take on stress: *"I'm swamped and can't think straight. It's like my mind's become a swirl of spaghetti"*. Let's break down this spaghetti-stress by creating a *"stress list"*. Jot down every individual stressor that's been bothering you, whether it's a big deal or a tiny bother, they all count. Find a quiet spot, set aside some undisturbed time, and ask yourself, *"What's really getting to me? What's causing this stress, this sense of being down and overwhelmed?"* Be specific, detailing each stressor as you compile a complete list of what's weighing on your shoulders.



My Stress List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

