



10 Ways to Deal with STRESS

Feeling overwhelmed? Feeling just a little grouchy? Everyone needs ways to cope with stress. Here are a few ideas...

- 1.** Talk to someone you trust. People who talk about their problems are usually happier and less stressed out.
- 2.** Exercise for a half hour 3 to 5 times a week. It will help.
- 3.** Try meditation. Listen to soft music as you close your eyes and breathe deeply.
- 4.** Try to get enough sleep every night—about 8 hours for most people usually works.
- 5.** Identify something you like—sports, dancing, art, music—and then do it!
- 6.** Eat well. A diet high in sugar or caffeine can increase stress.
- 7.** Spend time relaxing. Take a warm bath or shower, light a candle and put on music.
- 8.** Get to know yourself. If you feel good about who you are, you may not feel so stressed.
- 9.** Pay attention to what stresses you out. Can it be changed? Can you look at things differently and feel less stressed about them?
- 10.** Don't depend on alcohol or drugs to help you. They will only make your problems more complicated.

**Need someone to talk to?
Call us.**

National Runaway Switchboard

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OUR MISSION:

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**For more information
about our services, call 1-800-RUNAWAY
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Production costs for this bookmark have been partially
underwritten by the Family and Youth Services Bureau
in the Administration for Children and Families,
U.S. Department of Health and Human Services.