



## Stress Management

Stress is a feeling that can arise when you deal with situations that you feel are positive or negative. Stress is individual and unique — circumstances that cause stress in one person may not cause stress in another. Small stressful events can also compound and create more intense feelings of stress.

You can control your stress level by being aware of what causes your stress and learning to manage stress. This resource provides some strategies to help you manage stress in general, and during stressful moments.

Remember, stress management takes practice!

### General Tips for Stress Management



Take care of your physical health. Get enough sleep, eat healthy meals, exercise, and drink plenty of water.



Make time for you. Schedule down time, and make it a priority.



Engage in positive self-talk and look at things from a positive point of view.



Build a support system.



Develop a mindfulness practice. Spend time deep breathing, meditating, and find quiet places.



Take time to unplug from screens and social media.



Seek out professionals for help. Talk to a therapist or counselor.



### Managing Stress in the Moment



Remember to breathe and relax your muscles. Think about slowing your breathing. Breathe in through your nose and out through your mouth.



Talk it out with someone you trust. If you are feeling stressed, talk about it.



Move your body — go for a walk, run, stretch, dance — just move!



Count to 10 before you respond. This gives you a moment to relax and collect your thoughts.



Write down 10 things for which you are grateful.



Give yourself a time out.



Listen to your favorite music.

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!