



## HEALTHY STRESS VS UNHEALTHY STRESS

- healthy stress helps us learn and grow
- unhealthy stress keeps us from being able to participate in our everyday lives
- what is healthy stress for some people can be unhealthy for others
- if you think the stress in your life is unhealthy for you, talk to an adult or a professional

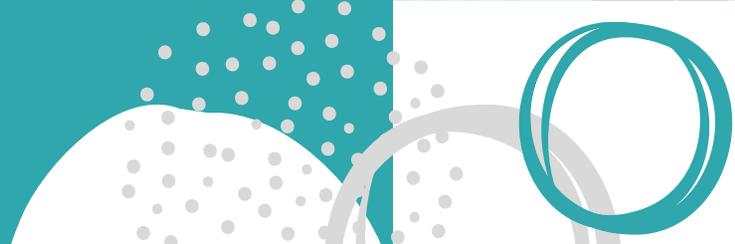
YMHC is a community-based, youth-led charitable non-profit organization focused on youth, family and community engagement for mental health education, support, advocacy and change.

We advocate for needs-based, culturally sensitive, trauma-informed mental health supports, services and educational accommodations and direct funding to families to support young people with chronic mental health disabilities.

**YMHC**  
Youth Mental Health Canada



# STRESS MANAGEMENT



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# STRESS MANAGEMENT TECHNIQUES

## Exercise

Exercise helps you sleep better, which can lower stress levels. Exercise also causes your body to release feel good hormones that can decrease stress.

## Eating a healthy diet

Eating healthy lessens the effects of stress, builds your immune system, and levels your mood. Make sure you are getting an even balance of nutrients by eating foods from all the food groups.

## Sleep

A lack of sleep can add to stress levels, and can feed into a cycle of stress and sleeplessness. See the section below on sleep hygiene.



## SELF-TALK

Self - talk is an important tool when it comes to stress management. The way you talk to yourself can feed into stress if you anticipate the worse, forget to look for positives, and blame yourself when things go wrong. The goal is to talk to yourself with compassion. First, you have to recognize that you are suffering. Then, you respond to yourself the way you would respond to a friend who is suffering.

What would you say or do to help a friend that is suffering? What can you say or do to help yourself?

## SLEEP HYGIENE

1. Be consistent - try to go to bed and get up at the same time, even on weekends
2. Make sure your bedroom is quiet, dark, relaxing, and a comfortable temperature.
3. Try to avoid using electronics before bed
4. Have a consistent routine that you follow before bed.

## RELAXATION TECHNIQUES

### Yoga

Try yoga practices that focus on slow movement, stretching, and deep breathing as they are best for lowering stress levels.

### Meditation

Meditation can lower stress, anxiety, and chronic pain. Guided meditations are a great place to start if you want to try meditating.

### Deep Breathing

Practicing deep breathing signals your brain that it is okay to relax. This creates a state of deep rest that can change how your body responds to stress. When you are in this state, more oxygen goes to your brain and the part of your nervous system that handles your ability to relax calms.

Tip: Make sure when you breath, your belly moves in and out.

### Connect with people

Spending time with someone who will listen to you is a natural way to calm yourself and lower your stress.

