



# Coping with Stress

Many of us experience problems at school, home or with friends which may cause us to feel stressed!

Here are some strategies to keep in mind to help manage stress better.

If you need guidance to practice these strategies or learn new skills to better manage your stresses and problems, please reach out to our counsellor.

**Call or WhatsApp on  
011 41198666**



## Sleep for 8 to 10 hours

Sleeping well helps you focus better on your tasks and keeps you healthy.

## Focus on your strengths

Think about what you are good at or what you would like to be good at! Focus on building these strengths, it will help you feel less stressed!



## Do things you enjoy

Find activities or hobbies that make you happy or are meaningful to you. Take some time out in your day to do these activities.

## Keep yourself active

Take a stroll, dance, cycle or play a sport with a friend. Exercise takes our mind off our stresses, relaxes us and makes us feel better.



## Talk to someone

Managing your stresses on your own can be challenging. Talk to some one you trust like a friend, teacher, parent or your school counsellor!