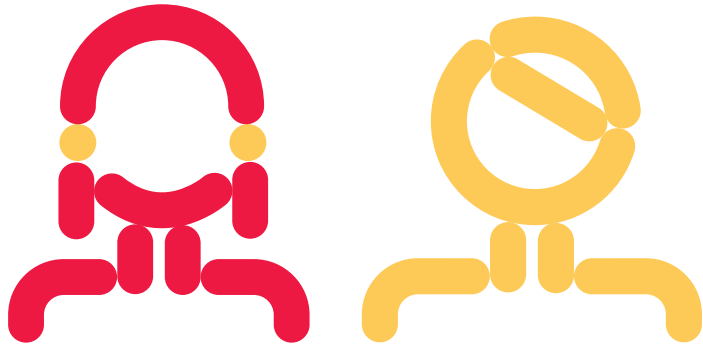


Stress Management.

What is stress?

Everyone feels stress. It's a normal response to challenging or dangerous situations. A small amount of stress can be a good thing and increase energy and motivation. But too much stress can make people feel overwhelmed.

There are different ways to deal with stress, and stress affects everyone differently. A good first step is to understand how stress affects you so you can deal with it.



What are the signs of stress?

Signs of stress vary from person to person but recognising your own personal signs can help you take positive steps.



Signs that you may be stressed include:

- Feeling shaky, rapid heartbeat
- Feeling really tired
- Tensing your jaw
- Grinding your teeth
- Muscle tension and headaches
- Trouble sleeping — or sleeping too much
- Being irritable or moody
- Changes in appetite and/or upset tummy
- Feeling overwhelmed, anxious or like you can't cope
- Feeling 'on edge' or unable to stop worrying.



Peer Support

What are some strategies to reduce stress?

> Use problem-solving:

Sometimes the situation causing the stress can be changed, for example, if you feel like you're falling behind on school work due to the peer support activities, you could ask your teacher for an extension on a school assignment.

> Exercise:

Regular exercise can relieve tension, relax the mind and reduce anxiety.

> Time management:

Developing regular routines and planning ahead can reduce the chaos that can lead to stress. Set aside dedicated time for the Peer Support Program, your school work, other commitments (such as sports or clubs) and of course relaxing!

> Spend time with family or friends:

Being with people you find uplifting and talking about your feelings can help.

> Look after your health:

Eat healthy food, drink lots of water and try to get enough sleep.

> Do things you enjoy.

Read a book, message or spend time with a friend, play some video games, play with your dog/cat, spend time outdoors, watch your favourite TV shows and try not to spend too much time on social media as it can increase stress and anxiety.

> Change your thinking:

Sometimes stress is more about our perceptions or attitudes to a situation than the situation itself. Unrealistic expectations of yourself or others can lead to stress. If you have a tendency to negative thinking, it can help to write down these thoughts, try to come up with a more realistic view and focus on the positive.



Sources:

Stress management strategies | healthdirect
<https://www.healthdirect.gov.au/stress-management-strategies>

Stress | APS (psychology.org.au)
<https://www.psychology.org.au/for-the-public/Psychology-topics/Stress>

Stress and overwhelming feelings (lifeline.org.au)
<https://www.lifeline.org.au/get-help/information-and-support/stress-and-overwhelming-feelings/>

Teens 13-17 Years | We're Here to Help | Kids Helpline
<https://kidshelpline.com.au/teens>