

# Stress Recap

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- 92% of British teens feel stressed, like they losing control
    - Exams
    - Part-time job
    - Troubles in your family
    - Financial problems
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## 1. The lowdown of stress

- A way of our bodies and minds react to life's changes
  - Not all is bad
  - It's helpful in stressful situation, when you need focus and strength
    - It's shallow adrenaline in your bloodstream, cause muscles to tense and breathing to become shallow
  - In short distance it's good, but not for long term
  - In long term it causes troubles with heart, headache, depression, low self-esteem
  - You CAN deal with stress, before it gets out of control
  - So? remember this A-B-C
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## 2. A is ACTION

- If you can control something, that makes stress - control it!
  - If you have a lot of tasks, you can split it in smaller chunks
  - You may take on too much. If so? give up an after-school activity for a while, or ask parents/friends for a help
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## 3. B is for BEAR IT

- If it isn't under control, you need to grin and bear it
  - First, if you can't - learn how to control your thought and feeling
  - If you feel overwhelmed - take slow, deep breaths, count to 10. After you calm down rationally analyze the problem
  - You may say something? that help you accept your situation
  - Don't be too dramatic! Keep things in perspective
    - Saying that all awful doesn't help you at all!
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## 4. C is for COPE

- Find ways to handle with stress
  - Try to doing things, that relax you, that help take your mind off
  - Or things, that helps you to express your negative emotions
  - Fix your sleep, deal with your nutrition! - it's the main things, that help you cope with stress
  - Try to keep sense of humour and a positive attitude