

Five Tips for Effective Stress Management



Laughter

- **Spending time with people who enjoy a good laugh.**
- **Seeing a funny movie after a very stressful day**
- **Laughter is perhaps the best way to relieve stress.**

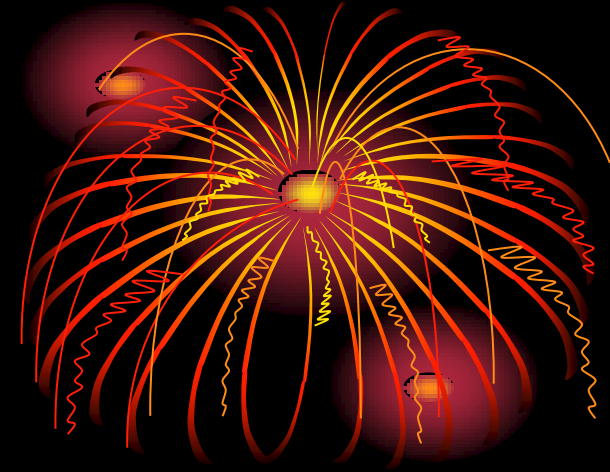


Planning

- **Thinking ahead so that you avoid the stress of cramming in for tests**
- **Also, think ahead so you don't turn in homework late and deal with lots of chores.**



Relaxing



- **Try imagining yourself in a quiet place such as under a tree or by a lake.**
- **While you relax try to think of happy thoughts and avoid of thinking bad thoughts.**



Talking

- **When you talk about what is stressing you out with another person it helps.**
- **People who aren't involved in the situation often have solutions.**



Redirecting

- **Your body reacts to stress by adrenaline which raises your energy level.**
- **Collecting all that energy and putting it to something worthwhile is a good solution.**

