

# Stress BUST!

## *This Summer & Beyond*

It's important to take care of yourself. Here are some tips and ideas for everyday pampering!

### **SLEEP ENOUGH!**

Teens need 8-10 hours a night. \*Yawn\*  
(bet you already knew that)

### **EAT WELL!**

Good foods help your body manage stress! Eat more: fruits, veggies, whole grains and, proteins. Don't overdo the caffeine or sweets (though some is fine to enjoy!)

### **BE ACTIVE!**

Physical activity helps you feel better, mentally and physically.

### **LIMIT SCREEN TIME**

Watch less, and watch for fun. Social media and the news can increase stress if you aren't careful!

### **FOCUS ON YOUR STRENGTHS**

What are you good at, and enjoy doing? It's time to give yourself a positive pat on the back!

### **ELIMINATE NEGATIVE SELF TALK**

Say something nice to yourself every day!

### **BE KIND TO YOURSELF...**

*Think happy thoughts*

- Walk in the woods
- Make a paper airplane
- Read a Book
- Stretch
- Lie on the grass
- Call a friend
- Go for a Swim
- Yoga
- Write a Letter
- Make a Stress Ball
- Listen to an Audiobook