COPING WITH STRESS

Stress refers to our body reactions or feelings when we face challenging situations.

Some stress helps us to be more productive in our tasks, while too much stress is bad for our physical and mental health. Hence, it is important to manage our stress levels by learning how to cope with stress!

Manage triggers that make you stressed

Have you identified what exactly is making you feel stressed? Then, try to think of ways to make the situation less challenging. For example, you can talk to your parents/guardians to set more achievable targets for the exam.

Practise positive self-talk

Sometimes, we may find that we are unable to change the situation and in such cases, it may be better to change the way we **think** about the situation. You can try to remind yourself that most problems are temporary and will eventually pass.

Connect with your loved ones

Spending quality time with our family and friends can remind us that we are loved and supported, and that we are not alone. Do talk to your parents/guardians and friends regularly and do some bonding activities together with them.

Connect with yourself

Take some time to practise self-care and check in with yourself, "How am I feeling now?" Find some things to do that allow you to express your feelings, like singing, playing sports, or writing journal entries.

Take care of your physical and mental health

Make sure that your basic needs are well taken care of. Have enough sleep, eat well, and exercise regularly! A healthy body can increase your ability to cope with stress. Do not forget to take breaks to relax your mind too.

Seek help for yourself

All of us need help at some point in our lives, and do remember that no problem is too small to talk about. You can approach your parents/guardians, friends, teachers, school counsellor, or Tinkle Friend if you need help coping with stress.