

Four basic stress busters

1. Show your feelings

You can talk to a friend, let off steam, sing, write a poem.

2. Problem-solve

Decide what is causing the stress, for example, not becoming assertive, not managing your time. Then make a plan and sort it!

3. Nurture yourself

Have a special treat, spoil yourself and indulge yourself!

4. Activity to get distracted

Do something sporty, get fit and out of breath. Find an exciting hobby and use your brain!

When could you use these strategies? Identify a stressful situation and state how you would deal with it by using each strategy.

	1. Showing your feelings	2. Nurturing yourself	3. Problem-solving	4. Active distraction
When I could do this				
What I would do				

Try the strategies and keep a balance between the strategies! Sort the stress!



Photocopiable:

Developing Emotional Literacy with Teenagers, 2nd edition © Tina Rae, 2013 (SAGE)