

STRESS MANAGEMENT 101

- 75% of adults reported experiencing moderate to high levels of stress in the past month and nearly half reported that their stress has increased in the past year – *American Psychological Association*.
- Stress is a top health concern for U.S. teens between 9th and 12th grade, psychologists say that if they don't learn healthy ways to manage that stress now, it could have serious long-term health implications – *American Psychological Association*.



Types of Stress

- *Positive stress: is when you perceive a stressful situation as an opportunity that will lead to a good outcome.*
- *Negative stress: occurs when one feels overwhelmed and pressured. (financial stress or conflicts)*

- *How to free yourself from stress?*
- *Ask yourself: what's the worst that could happen?*
- *Prepare yourself mentally to accept it and prepare back-up plan.*
- *Improve on the worst (think clearly)*
- *IT DOES NOT HELP TO OVERSTRESS!!*



TIPS TO BE HAPPY

- *Keep on smiling. Think about how blessed you are. Meditate every 10 to 15mins only. Just stop thinking about everything. Stop thinking that you don't have time for yourself. Stay flexible but stick to the most important decision. Stop constantly comparing yourself to others.*

