

Stress Management Techniques for Teenagers

Test Stress: Keeping a Healthy Mind & Body

- ❖ **Sleep** – Students with busy schedules are sleep deprived which decreases productivity and makes it harder to learn. It is necessary for students to sleep for 7-9 hours every night, especially before an exam.
- ❖ **Healthy Eating** – A student’s diet can either boost his/her brain or drain him/her of mental energy. It is important to avoid fast food and eat nutrient and protein-filled foods, fresh fruits and vegetables.
- ❖ **Stay Organized** – Clutter causes stress and will decrease productivity. Keep study areas free of distractions and clutter.
- ❖ **Breathing Exercises** – When students experience a stress response, the quickest way to calm down is to do breathing exercises. It will help reduce anxiety before or even during tests.

Steps:

1. Sit or stand in a relaxed position
2. Slowly inhale through the nose, counting to five.
3. Let the air out of the mouth, counting to eight in as it leaves the lungs. Repeat.

- ❖ **Exercise** – Exercise is one of the healthiest ways to relieve stress. Students can do yoga in the morning, bike to school, or review for tests while walking on a treadmill at the gym. Exercising regularly will allow students to better manage their stress.
- ❖ **Visualization** – Guided imagery is a convenient and simple relaxation technique that will help students quickly and easily manage stress.

Steps:

1. Get into a comfortable position and focus on breathing
2. Begin to envision the most relaxing environment imaginable
3. Stay in that place and enjoy the “surroundings”

- ❖ **Music** – Music can affect the body in many health-promoting ways. It can help students relieve stress while studying, to “wake up” mentally or to relax.
- ❖ **Positive Thinking** – Encourage your students to be optimistic. Optimists create and experience better circumstances. Positive thinking will bring your students better health, better relationships and better grades!


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