If you are experiencing stress, you are not alone.

Right now there are many people in your community and all around the world who are also experiencing stress. Everyone experiences stress at some point in their lives.

We will help you learn practical skills for dealing with stress. Your journey throughout this booklet will teach you the skills you need during times of STRESS.

This guide is to help you manage STRESS.

“Stress” means feeling overwhelmed or unable to cope.
CAUSES OF STRESS

- Family violence
- No school
- Sickness
- Worrying about the future
- Unable to provide for the family
- Family arguments
- Displaced from home
Everyone experiences stress at times. A little bit of stress is not a problem.

**STRESS AFFECTS THE BODY**

Many people get unpleasant feelings...

- Headaches
- Not feeling hungry
- Lump in the throat
- Heavy chest
- Neck & shoulder pain
- Back Pain
- Upset stomach
- Tight Muscles
- Other people find their body gets sick with skin rashes, infections, illnesses or stomach problems

When they are very stressed, many people...

- Cannot focus
- Cannot sit still
- Get angry easily
- Cry
- Feel sad or guilty
- Have changes in appetite
- Worry
- Have difficulty sleeping
- Have a headache
- Neck & shoulder pain
- Heavy chest
- Back Pain
- Upset stomach
- Tight Muscles
- Lump in the throat
- Other people find their body gets sick with skin rashes, infections, illnesses or stomach problems
FOUR WAYS TO MANAGE STRESS

1. FOCUS ON YOUR BREATHING

Give it your full attention.

- Notice the air as it flows in and out of your nostrils.
- Notice the gentle movements of your shoulders.
- Notice how your chest moves in and out.
- Notice how your belly moves in and out.

Repeat this 3 times and notice how you feel.

2. FOCUS ON THE WORLD AROUND YOU

- Slow your breathing
- Empty your lungs completely
- Then let them refill as slowly as possible
- Take 3 slow breaths

- Slowly press your feet into the floor
- Slowly stretch your arms, or slowly press your hands together.

See next page for next steps to focus on the world around you.
FOCUS ON THE WORLD AROUND YOU (continued)

Notice where you are and what you are doing.

What are 2 or 3 things you can hear?

What are 4 or 5 things you can see?

What are 2 or 3 things you can smell?

Touch your knees, the surface beneath you or an object. Notice what it feels like under your fingers. Focussing on the world around you can help clear your mind.

3. LIVING BY YOUR VALUES

For example, what kind of friend or family member do you want to be?

Values describe the sort of person you want to be; how you want to treat others and the world around you.

- Loving
- Wise
- Patient
- Committed
- Reliable
- Calm
- Responsible
- Caring
- Protective
- Courageous

Values are your deepest desires for the sort of person you want to be.
To help you clarify your values, here is a list. These are not the “right” values or the “best” ones - they are simply some common ones.

• To be kind
• To be caring
• To be generous
• To be supportive
• To be helpful
• To be brave
• To be persistent
• To be forgiving
• To be grateful
• To be patient
• To be responsible
• To be protective
• To be disciplined
• To be hardworking
• To be committed
• To be loyal
• To be honourable
• To be respectful
• To be fair & just
• To be ...

Select 3 or 4 of these values that seem more important to you and write them in here:

• To be ________________________
• To be ________________________
• To be ________________________
• To be ________________________

Choose a value and think of one thing you can do to live towards that value.

For example, suppose you choose to be kind to your child. Then a small step might be to play or read to your child for 10 minutes each day.

Or suppose you choose to be grateful and respectful. Then a small step might be to greet someone you care about warmly and express gratitude.

4. BEING KIND

Being kind to others and yourself can help you feel better.

Everyone needs a friend.
Everyone needs kindness.

We can be kind to ourselves too.

And if you are kind to yourself, you will have more energy and motivation to be kind to others, so everyone benefits.

So think of one thing you can do today to be kind to yourself or others. For example, do something you enjoy, cook a dinner for a friend, or say a kind word to yourself or someone else.
Remember... even the tiniest actions matter.
A giant tree grows from a tiny seed. And even in the hardest or most stressful of times, you can take small ACTIONS to live by your values.

When you act on your values, you will begin to create a more satisfying and fulfilling life.