

CHILL OUT TIPS

- Try not to let things pile up by doing a bit every day.
- Take time out to do the things you enjoy.
- Cut down on tea and coffee intake.
- Don't work right up to bedtime. Take some time to chill out before you put the head down.
- Write down your worries – they may not seem so bad.
- Don't try to be perfect all the time – the best you can do is fine.
- Have a laugh with some friends – aren't we supposed to be having fun?!
- Get lots of sleep – problems always seem worse when you're over-tired.
- Go for a long walk by yourself to clear your head.
- Don't forget the wonders that music and movement can do!

Don'ts

- Don't keep it all to yourself – tell someone who can help.
- Don't beat yourself or anyone up!
- Don't start screaming and shouting like a child, it will cause a complete breakdown in communication.
- Don't swear at your parents/teachers – they won't appreciate it.
- Try your hardest not to slam glass doors.
- Don't sulk like a two year old who's not allowed sweets before dinner.

Do's

1. **Recognize** that you're stressed.
2. **Find some humor.** Think about something funny that happened recently
3. **Take a deep breath**, inhaling through the nose. Breathe out slowly through the mouth.
4. **Shake out any muscles that feel tense.** Usually you know where your body gets tense
5. **Walk it off!** Even 20 minutes of walking can reduce stress and improve your mood.
6. **What helps you relax?** What about listening to music, reading, or writing?

North Connaught Youth Services

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44 WAYS TO DESTRESS

1. **Exercise.** Few things can help relax you more quickly than a bit of vigorous exercise. Whether you kickbox, jog or play a game of tennis, getting your body moving will help reduce endorphins, improving your mood and making you feel better about anything you're worried about.
2. **Time Out.** When you feel yourself being overwhelmed with anxiety, try taking a few minutes out of your day to clear your mind of your worries.
3. **Breathe deeply.** Sometimes just concentrating on your breathing can have a calming effect on your state of mind. Count your breaths and concentrate on breathing in and out deeply.
4. **Focus on something else.** Fight your anxiety by temporarily shifting your attention to something else unrelated to what you're upset about. You may find that once you're done you feel much better about the situation and are much more relaxed.
5. **Talk to others.** Connecting with a friend or family member and sharing your anxieties can be a great way to get insight, advice and to alleviate some of your stress by getting support and understanding.
6. **Clear your mind.** When you are feeling stressed out you can have so much going through your mind that it simply seems overwhelming, only adding to you anxiety. Take a few moments to step back and clear your mind of all of it before starting anything else.
7. **Slow down.** Give yourself a break and just slow down if you're feeling stressed out. Getting yourself worked up to rush around won't help, so slow down, take a break and let yourself relax.
8. **Don't work yourself up.** When you're worried about something it's easy to focus on it and get yourself super worked up so that you just want to break down. Stop yourself if you feel that you're getting yourself riled up, and force yourself to calm down and look at things rationally.
9. **Let the past go.** If you're feeling bad about things that have already happened, take a moment to realize that there's nothing you can do to change these things now. Take steps to begin letting the past go and making positive choices for the future.
10. **Count to ten.** Sometimes anxiety can take over and make you feel out of control. Take back control by counting to ten, breathing deeply and concentrating on calming down.
11. **Be optimistic.** No matter what you're feeling anxious about, you can help make yourself feel better by taking an optimistic view of things rather than focusing on all the things that could go wrong.

- 12.**Learn to let go of control.** Even the most carefully planned events in life can take unexpected turns. Sometimes the only cure for anxiety caused by these things is to simply give up control and let someone else take over.
- 13.**Look at the big picture.** Sometimes things that don't really matter in the long run can get you all worked up in the present. Remind yourself of how your worries will fit into the larger picture of things and it may give you some perspective.
- 14.**Face it head on.** If nothing else works, just try facing your worries head on. Many times, things will be easier, better or simpler than you had anticipated and your worries will have been unfounded.
- 15.**Limit your intake of caffeine.** Caffeine is a stimulant and can add to any existing anxiety and make you feel worse than you would otherwise. If you're stressed, avoid drinking coffee or other caffeinated beverages.
- 16.**Cook yourself a meal.** Getting involved in the process of preparing, cooking, and eating a meal can be a great distraction from a number of stresses. If you're really feeling down, try making your favorite meals or comfort foods.
- 17.**Have a snack.** Some studies have suggested that low blood sugar can be a major contributor to anxiety. Make sure your body is running on a full tank by having a healthy snack.
- 18.**Consider VITAMIN supplements.** - you may be run down and not able to cope.
- 19.**Indulge in chocolate.** Eating a small amount of high quality dark chocolate may help you to relax and will help indulge your chocolate cravings as well.
- 20.**Chew on mints.** Mint can help with lowering feelings of anger and nervousness, so have a mint or add fresh herbs to dinner to feel better and smell fresher.
- 21.**Indulge yourself.** Whether you enjoy a glass of fine wine or soaking in a long bubble bath, take time to indulge in some simple pleasures to soothe your anxieties.
- 22.**Take a shower or bath.** The hot water and relaxing sensation of a shower or bath can help wash away your anxieties and help you feel better.
- 23.**Do something you enjoy.** If you love to browse bookstores or take long walks in the park, take some time out of your day to do these things. You'll have fun and spend some time away from your worries.
- 24.**Work at some simple chores.** Doing some work around the house like sweeping, washing the dishes or gardening in the yard can be a great way to relieve stress, get things done and ease your mind.
- 25.**Lay down.** One way to get your anxiety under control is to take a short nap. Sleep will relax you and give you a chance to take your mind off of things.
- 26.**Watch a funny movie or comedy routine.** Laughter really can be the best medicine sometimes, especially when it comes to dealing with stress. Pop your favorite movie

into the DVD player or turn on Comedy Central to have a few laughs and forget your troubles.

27. **Write in a journal.** If you can't find someone to talk to or just want to privately vent, try writing in a journal. It can be a great way to organize your thoughts and get your bottled up emotions out.
28. **Go for a jog.** Jogging can help you get some exercise which will relax you and will get you outside in the sunlight and fresh air.
29. **Research your problems.** If you just can't get your mind off of your troubles, trying researching how you can work around them, overcome them or deal with them through books, the internet and chatting with others.
30. **Read a book.** Try picking up a book to help you escape to another place and concentrate on a fictional character's problems rather than your own.
31. **Spend time with a pet.** Playing with, walking or just enjoying the company of a pet can be a great way to relax. The love and affection pets provide can be a great stress reliever.
32. **Go outside.** Sunlight is a natural mood booster, so getting outside and away from your desk can be a great way to lift your spirits.
39. **Take a walk.** Getting a little exercise and even getting outside of your cubicle can really help alleviate stressful situations. Walk around your office, take a trip to get a drink or anything else that will give you space and room to think.
40. **Create a plan of attack.** When you're faced with an overwhelming and anxiety-inducing situation, you can help yourself by working to create a way to deal with the situation. Sit down and write out how you plan to get through it, step by step.
41. **Put on some relaxing music.** If you're sitting at your desk, put on some headphones and let yourself be relaxed by your favorite tunes.
42. **Step back.** Sometimes situations seem impossible to deal with at first. Give yourself some time and space to step back from the situation to view it objectively so you can figure out how to deal with it and calm down to think clearly.
43. **Don't rush.** Even if you have a million things to do at work that are stressing you out, rushing won't help: it can actually make you even more stressed. Slow down and do your work right the first time so you won't have to go back and fix errors you made from rushing.
44. **Ask for help.** If you really just have too much on your plate at work don't be afraid to ask your coworkers for help. Projects have to get done one way or another and it can help to get things done as a team rather than having all the stress just on you.

No matter what it is remember that it will pass.

Nothing lasts forever.