

## Relaxation - Well-being.

Looking after yourself, your well-being can help you deal with pressure and reduce stress. People sometimes refer to this as developing **emotional resilience**. The ability to adapt and bounce back when something difficult happens in life.

By making general changes to your lifestyle, you can become better at coping with pressure and stressful situations.

**Practice being straightforward and assertive** in communicating with others. If people are making unreasonable or unrealistic demands on you, be prepared to tell them how you feel. ***It is Ok to say No!***

**Use relaxation techniques.** You may already know what helps you relax, like listening to music, walking your dog etc. If you know a certain activity helps you feel more relaxed make sure you find some time for it.

**Develop your interests and hobbies.** Finding an activity that is opposite or different to what stresses you out is a great way to get away from everyday pressures. If you are feeling lonely or isolated, then shared hobbies can also be a good way to de-stress and meet new people with shared interests.

**Make time for your friends.** When you have a lot on this might seem hard, but it can help you feel more positive and less alone and isolated. ***It's good to talk!*** Talking to your friends about the things your stressed or struggling with can help keep things in perspective. Laughing and smiling with them will also produce hormones that help you relax.

**Find balance in your life.** You may find that school and homework or being a young carer etc. is taking up almost all your time and energy. Try to take time to focus on other parts of your life like family, friends, hobbies. Having 'positive selfishness' focusing on you and away from the stress will make the weight of pressures feel much lighter.

**Get good sleep.** Stress can make it difficult for you to have good night's sleep and you can develop sleep problems. When well rested it can increase your ability to deal with difficult situations. Ideally, your bedroom should be for sleeping only. Try not to do school work in your room, watch TV etc. and do not pick up your mobile phone just before or when in bed. Try not to touch your phone at least an hour before bed.

Be kinder to yourself.

Reward yourself for achievements no matter how small, finishing a piece of work or making a decision.

Forgive yourself when you make a mistake, or do not achieve something you hoped for, remember nobody is perfect.

Looking at the above what techniques could you personally put in place to help you when stressed.

**Self-Target Time** – What targets can you set yourself when you start feeling stressed?

What techniques will you put in place?