Feeling overwhelmed? Feeling just a little grouchy? Everyone needs ways to cope with stress. Here are a few ideas...

1. Talk to someone you trust. People who talk about their problems are usually happier and less stressed out.
2. Exercise for a half hour 3 to 5 times a week. It will help.
3. Try meditation. Listen to soft music as you close your eyes and breathe deeply.
4. Try to get enough sleep every night—about 8 hours for most people usually works.
5. Identify something you like—sports, dancing, art, music—and then do it!
6. Eat well. A diet high in sugar or caffeine can increase stress.
7. Spend time relaxing. Take a warm bath or shower, light a candle and put on music.
8. Get to know yourself. If you feel good about who you are, you may not feel so stressed.
9. Pay attention to what stresses you out. Can it be changed? Can you look at things differently and feel less stressed about them?
10. Don’t depend on alcohol or drugs to help you. They will only make your problems more complicated.

Call or Live Chat Now! 1.800.RUNAWAY www.1800RUNAWAY.org
NRS was established (as Metro-Help) in 1971. We have served as the federally-designated national communication system for runaway and homeless youth since 1974.

OUR MISSION
To keep America's runaway and at-risk youth safe and off the streets.

For more information about our services, call 1.800.RUNAWAY or visit us at www.1800RUNAWAY.org

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