

Coping with Stress & Anxiety



Try these techniques to help manage those overwhelming feelings:

- **Relax** by taking deep breaths, listening to music, or going outside
- **Stay healthy** by sleeping enough, eating well, and exercising
- **Plan** for facing an intimidating situation by writing or drawing what you will do
- **Think positively**—boost yourself with thoughts like “I’m awesome”, “I’ve got this!”
- **Be thankful**—gratitude is strongly connected to greater happiness
- **Reach out** to those who care about you, like friends, parents, teachers and other trusted adults.

www.SurreySchools.ca/mentalhealth

You can also call:

Fraser Health Crisis Line
604-951-8855 or
1-877-820-7444 (toll free)

Kids Help Line
1-800-668-6868
Or text CONNECT to 686868

Or visit: www.erase.gov.bc.ca

