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A practical guide on how to cope with stress

Recommendations for Teenagers

How to help yourself with stress?

1. Change your attention and shift the emphasis to the outside world.

See what makes you happy: how nature blooms, the sounds of the wind, the rustling of leaves, and the singing of birds in a quiet park. Concentrate on what you see and hear right now. Spend time outdoors more often. Make a habit of walking in the forest or park for an hour daily.

2. Play sports.

At the same time, you don't have to go to the gym; morning exercises and a light run are enough. An extra charge per day is provided.

3. Change the photo and go on a trip.

On the streets of my hometown, European countries, or my home Carpathians, new impressions and positive emotions will help you distract yourself, at least for a while.

4. Find your favorite hobby.

It's a great stress reliever. Ask yourself: What do I like to do? She can write poetry, sew, knit, cook culinary masterpieces, or study psychology. We found the answer: thin. Now, get started without delay. This will make you calmer and happier.

“During the war, a person may feel shocked, angry, depressed, have mood swings, and have trouble sleeping. This is a normal psychological reaction to stress...”


5. Communicate with relatives and people close to you.

Support them in this difficult time. It is very important both for them and for you. This will give you the opportunity to pour out your soul and talk. Take care of others. Now, any help is appropriate and necessary.

6. Take a bath.

A warm evening bath with sea salt and soothing essential oils will provide 100% relaxation and, most importantly, a peaceful and healthy sleep.

7. Smile more often.

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People smile in response to events, and not always positive ones. Even though a smile is considered a sign of kindness, compassion, or joy, it helps calm down in a dangerous situation. Laughter is the best prevention of stress.

8. Stop feeling sorry for yourself.

It would be best to understand that life has both bad and good moments. Be grateful for what you have. Gratitude is an excellent way to avoid stress. Instead of constant dissatisfaction, you will find joy in what you have.

9. Dream and fantasize.

In positive psychology, there is a technique called "visualization." Its essence is that you dream about what you want and do it with pleasure and in the present tense. This will help you get what you imagined and list what makes you happy. If you want to change the situation, you need to look into the future and be able to draw a new life for yourself with new opportunities. These classes are your relief from stress.

10. Use visualization techniques:

How to do it: Close your eyes and imagine yourself in a calm, safe place, such as a beach or forest.

Why it helps: Visualization helps relieve tension and calm down.

11. Focus on what you can control:

Focus on what you can do here and now. These can be small tasks or actions that benefit you and your family.

12. Volunteer or help others:

How to do it: Help neighbors, relatives or participate in volunteer projects.

Why it helps: Helping others creates a sense of purpose and improves mood.

Further tips:

☞ Talk about stressful situations with a trusted adult.

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☞ Spend time in nature.



☞ Do things that make you happy.



☞ Focus on your strengths.



☞ Express yourself in writing.




☞ Train mindfulness.



Tips for dealing with moments of helplessness:

- analyze your needs
- don't devalue emotions
- be aware of what is happening to you now

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- why did this happen
 - what do you need
 - what you can do to take care of yourself

If you get angry:

- Listen to calm music when you need to relax.
- Take breaks during tasks so as not to overwork yourself.
- Hug relatives, pets, soft toys more often.
- Remind yourself that failures and mistakes are normal, we learn from them.
- Smile more often, even at your reflection in the mirror.
- Draw your fears or worries, and then symbolically "remove" the drawing.
- Before going to sleep, imagine yourself in a safe, calm place.
- Mentally "let go" of what bothers you, for example, imagining balls flying away.
- Come up with positive statements, for example: "I am calm and confident".
- Imagine how your worries melt, like ice in the spring.
- Before a difficult task, mentally say to yourself: "I will manage!"

These tips will help you stay calm and balanced, better understand yourself and cope with your experiences. Be patient with yourself, study hard and believe in yourself. And if sometimes something doesn't work out - that's normal. You are well done in any case!

