

A decorative graphic on the left side of the page consisting of several yellow rectangular bars of varying lengths, arranged in a curved, sunburst-like pattern.

Nadia Lutsan, Anna Struk

A practical guide on how to cope with stress

Recommendations for Teenagers

How to help yourself with stress?

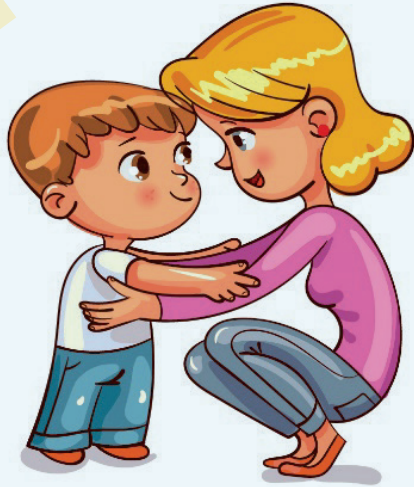
1. Change your attention and shift the emphasis to the outside world – see what makes you happy: how nature blooms, the sounds of the wind, the rustling of leaves, and the singing of birds in a quiet park. Concentrate on what you see and hear right now. Spend time outdoors more often. Make a habit of walking in the forest or park for an hour daily.
2. Play sports – simultaneously, 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. Go on a trip – on the streets of your hometown, 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. Now, get started without delay. This will make you calmer and happier.
2. 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.
3. Smile more often – 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.
4. Stop feeling sorry for yourself – it would be best to understand that life has 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.
5. 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 create a new life for yourself with new opportunities. These activities are your relief from stress.

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...

1. 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 allow you to pour out your soul and talk. Take care of others. Now, any help is appropriate and necessary.
6. 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.
7. Focus on what you can control – on what you can do here and now. These can be small tasks or actions that benefit you and your family.
8. 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.



Do things that make you happy.



Express yourself in writing.



Spend time in nature.



Focus on your strengths.



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;
- analyze why did this happen;
- establish what you need;
- think 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, and soft toys more often.
- Remind yourself that failures and mistakes are typical; we learn from them.
- Smile more often, even at your reflection in the mirror.
- Draw your fears or worries, 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!

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How to cope with stress

Four yellow rectangular bars of varying heights and widths, arranged in a descending staircase pattern from left to right.

PRESERVING
YOUTH MENTAL
WELLBEING
IN WARTIME
MIGRATION CRISIS

HOW TO HELP YOURSELF WITH STRESS?

1. CHANGE THE FOCUS ON THE OUTSIDE WORLD.



A WALK IN THE FOREST



THE RUSTLE OF LEAVES



BIRDS SINGING



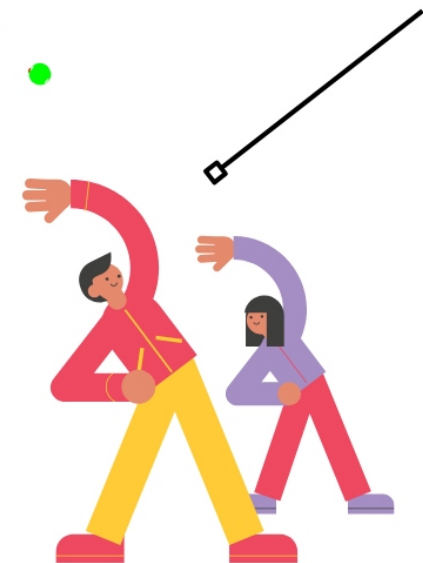
TIME WITH FRIENDS



TIME WITH A BOOK

HOW TO HELP YOURSELF WITH STRESS?

2. TO PLAY SPORTS



MORNING EXERCISES



MORNING RUN



FOOTBALL



YOGA



DANCING WITH FRIENDS

HOW TO HELP YOURSELF WITH STRESS?

3. CHANGE THE PHOTO AND GO ON A TRIP



TRAVELING TO EUROPEAN COUNTRIES



TRAVELING IN THE CARPATHIANS



TIME WITH FRIENDS/FAMILY



CYCLING TRIP

HOW TO HELP YOURSELF WITH STRESS?

4. FIND YOUR FAVORITE HOBBY.



DRAWING



COOKING



EMBROIDERY



SPORT



SINGING



HOW TO HELP YOURSELF WITH STRESS?

5. COMMUNICATE WITH YOUR FAMILY AND FRIENDS



6. SMILE MORE OFTEN



7. STOP FEELING SORRY FOR YOURSELF



8. DREAM AND FANTASIZE



9. FOCUS ON WHAT YOU CAN CONTROL



HOW TO HELP YOURSELF WITH STRESS?

10. VOLUNTEER OR HELP OTHERS:



ORPHANS



MILITARY



OLD PEOPLE



NATURE



ANIMALS

FURTHER ADVICE:



TALK TO A TRUSTED ADULT



**DO THINGS THAT MAKE YOU
HAPPY**



SPEAK UP IN WRITING

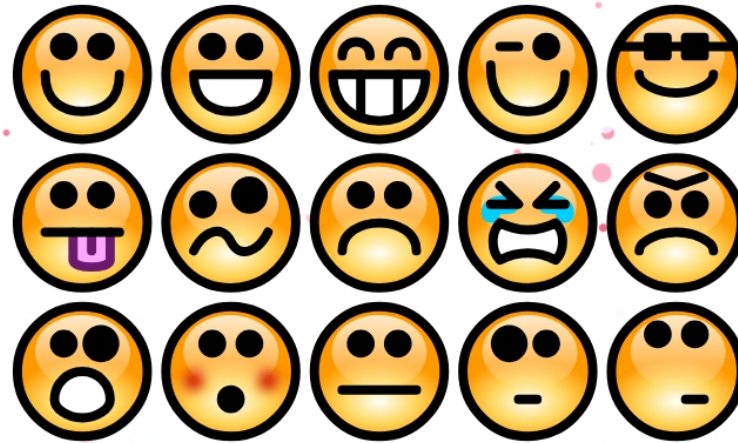
ATTENTION

PRACTICE MINDFULNESS

TIPS FOR DEALING WITH MOMENTS OF HELPLESSNESS:



**ANALYZE YOUR NEEDS/WHY
THIS HAPPENED**



DON'T DEVALUE EMOTIONS



LOVE YOURSELF

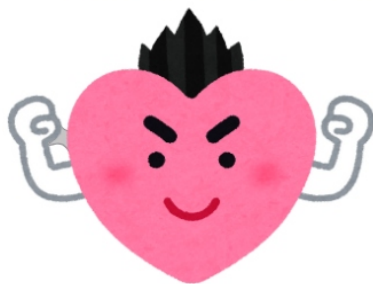


IF YOU'RE ANGRY:

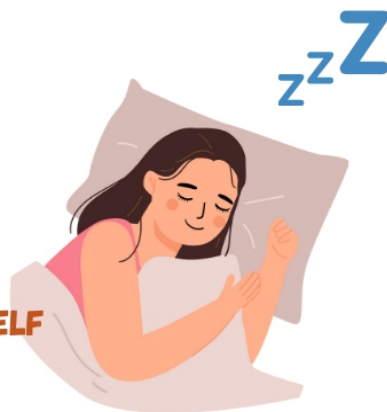


**HUG YOUR FAMILY/PETS/TOYS
MORE OFTEN**

**BEFORE A DIFFICULT TASK, TELL
YOURSELF: "I CAN DO IT!"**



**BEFORE GOING TO BED, IMAGINE YOURSELF
IN A SAFE, CALM PLACE**



**"LET GO" OF WHAT BOTHERS
YOU**



**SMILE MORE OFTEN AT YOUR
REFLECTION IN THE MIRROR**



LISTEN TO CALM MUSIC



**MISTAKES ARE NORMAL, WE LEARN FROM
THEM**



**IMAGINE YOUR WORRIES MELTING AWAY LIKE
ICE IN SPRING**



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