

# 5 Tips to reduce Stress



OTTAWA-CARLETON  
DISTRICT SCHOOL BOARD



## FOCUS ON STRENGTHS AND JOY



**Focus on** and **give energy** to the things that **bring you joy and make you truly happy**. Identify your strengths and build on them.

Discover what is **good for you** and **do it as often as possible**. Carve out time in your day to make this a priority and find simple small moments **just for you**.

## GRATITUDE



**Take a moment each day** to identify or better yet, write down what **you are thankful for**. Gratitude is about taking a moment to pause and reflect.

**Viewing the world through a lens of gratitude can help us notice and appreciate the good things around us**.

Be intentional about finding **one good thing each day**.

## MANAGING YOUR WORRIES



If you **worry a lot**, set aside a **designated time** during the day to **address the things that stress you out**.

**Write them down** to organize your thinking but **give yourself a time limit and be consistent each day**.

Giving some space for our feelings is important but this technique can help ensure you **don't worry your day away**.

## HEALTHY BODIES = HEALTHY MINDS



Our **minds** and **bodies** are **connected**. Taking care of yourself **physically** can **improve your mental health**.

Always go back to the basics.

- Stay active
- Get outdoors
- Drink water
- Eat well
- Get plenty of sleep (8–10 hrs)
- Listen to your body and slow down when needed

## TALK TO SOMEONE



**Reaching out to others** is a key way to **manage stress**. You don't have to do this alone!

Find a **trusted adult** that you could talk about this stuff with. Those people may include a **teacher, guidance counsellor, a parent or sibling**.

There are great people available in your community as well...call/text today

- [YSB.ca](http://YSB.ca)  
613-260-2360
- [Kidshelpphone.ca](http://Kidshelpphone.ca)  
1-800-668-6868  
Text: 686868