
Tips for Prevention and Wellness

Although you may not be able to avoid situations and circumstances that cause you to feel stressed, here are some strategies to help maintain your wellness:

- Don't over commit yourself
 - Try to get organized and plan ahead
 - Eliminate or reduce caffeine consumption
 - Get enough sleep. (13+ need 8-9 hrs)
 - Eat regularly
 - Use positive Self-talk (don't be so hard on yourself!)
 - Surround yourself with healthy relationships
 - Make time for your hobbies and interests (e.g. sports, seeing friends, going to a movie, pets)
 - Pamper yourself (e.g. taking a bath)
 - Get involved in physical activity
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"It's all too much..."



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It is very helpful just to talk to someone. These people could include your parents, teachers, help lines and guidance teachers.

24 HOUR CRISIS LINES
Crisis Response (416) 410-8615
Kids Help Line (800) 668-6868