

# 5 STEPS TO REDUCE STRESS

## FOR TEENS

01

### Pause and Reflect:

What is making you feel stressed right now?



02

### Identify the Feeling:

What are you feeling? Naming your feelings is a powerful tool.



03

### Stop to Breathe:

Inhale deeply for a count of four.  
Hold for a count of four.  
Exhale deeply for a count of six.



04

### Take a Break:

Do something different for 10 minutes.  
A break takes your mind off the stress.



05

### Ask for Help:

Ask for help from someone you trust.

