



Text Crisis Line-Text HOME 741-741

CA Youth Crisis Line-1-800-843-5200

Clovis North Educational Center



STRESS
:ARE WE COPING?



Why you stress'n?



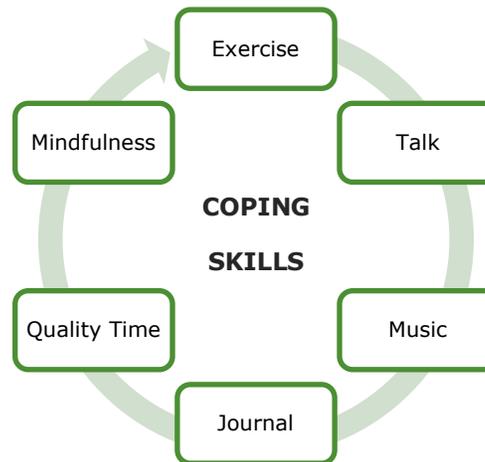
- Stuck at home?
- Grades/Schoolwork?
- Family?
- Relationships?
- Social Media?
- Something else?

Stress is experienced and managed differently by each individual. Some things that may be stressful for some, may not be stressful for others. It is important for you to know what triggers you to feel stress.

Find a way to cope...

Find healthy ways to manage stress. The ways in which you cope with stress are unique to your personality. Consider healthy, stress-reducing activities that work best for you...

- Exercise
- Talking with friends or family
- Listening to music
- Writing or journaling
- Practice mindfulness
- Spending time with a friend or relative.



Get Connected...

Although it can be difficult to open up to others about your struggles, acknowledging your emotions out loud can help decrease stress. Accepting help from supportive friends, school staff, and family can improve your ability to manage stress.

If you continue to feel overwhelmed by stress, you may want to talk to a professional, who can help you better manage stress and change unhealthy behaviors.

Email your school counselor or use the confidential, Report An Incident on our website to access the following on campus supports:

- Peer Counselors
- CSI Groups
- Transition Team
- School Psychologists

We want to help!