

HANDLING STRESS

WHY STRESS HAPPENS

Stress can happen when we feel pressure, uncertainty, or when things feel like too much at once.

Common causes include:

- Schoolwork or exams
- Friendship or social pressures
- Big changes in life
- Trying to do too many things at once

HELPFUL TIPS

Small actions can make a big difference when stress starts to build.

- **Focus on the next small step** instead of everything at once – write in the YourCrew journal using the 'Breaking it Down' prompt
- **Take short breaks** when you feel overwhelmed
- **Check in with someone in YourCrew** and tell them what's going on
- **Keep a routine** with sleep, food, and movement

BUILDING RESILIENCE

Learning how to manage stress helps build resilience.

- Remind yourself that **stressful moments pass**
- **Focus** on what you can control
- **Celebrate** small progress
- **Ask for help** when you need it

THINGS THE CAN HELP

Different activities help different people manage stress.

- **Move:** sport, walking, stretching
- **Calm:** breathing, mindfulness, quiet time
- **Create:** music, art, writing
- **Connect:** talk with friends, family or your Crew



Remember: Stay Connected with YourCrew

If stress is starting to feel overwhelming, reaching out early can really help. **Checking in on YourCrew** can be a simple way to let someone in your Crew know how you're feeling and stay connected with people who support you. If things feel too much, speak with the trusted counsellors at **Kids Helpline**. You don't have to handle it alone.