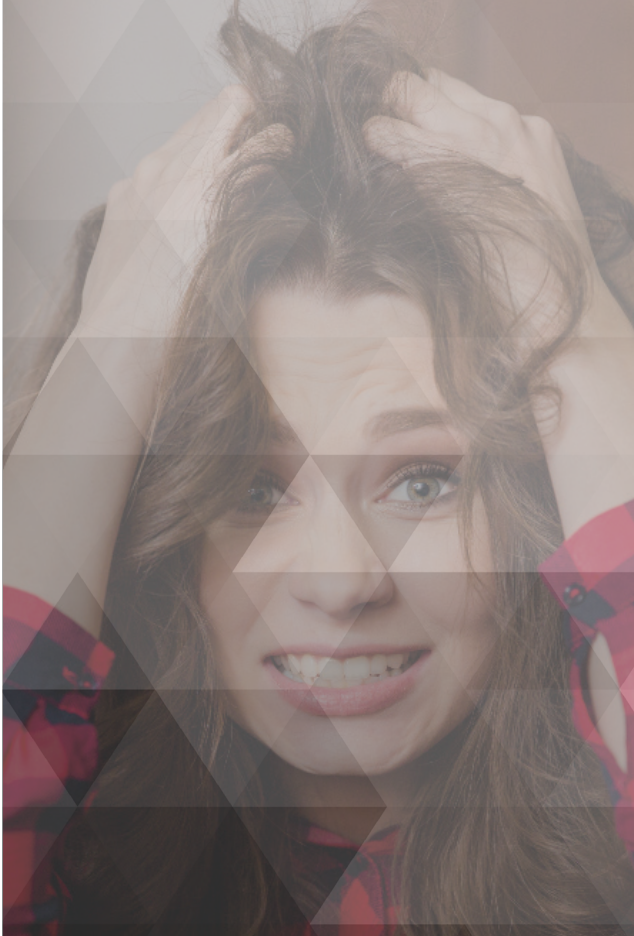


STRESS & ANXIETY

REAL TEEN ISSUES

CITYREACH | CEDAR CARE CENTRE



**LIFE CAN GET
SO BUSY!
SOME PEOPLE
ENJOY
PRESSURE
AND RISE
TO THE
OCCASION
BY BEING
BRILLIANT,
WHILE MOST
OF US JUST
FEEL REALLY
STRESSED
OUT.**

Seeing the signs:

Stress shows up in the following ways:

- butterflies in the stomach
- pounding heartbeat
- loss of appetite or wanting to snack
- trouble concentrating
- sweaty hands
- feeling shaky

In the moment, regulating your breathing by taking some slow deep breaths can help. But it may also be time to find new ways to approach the challenges you are facing.

Consider these tips:

- Take some time out to reflect on what's important and organize your thinking.
- Work from a list of things you need to do beginning with the most important.
- Put aside 20 minutes to tidy your workspace/room so that you can find things.

Recognising Anxiety:

Even when we try to do these things, we can sometimes feel we are losing the battle to stay calm and keep on top of things. Then we start to fear the outcome. This is when anxiety can become a part of our daily experience. We worry intensely about some things but can also feel generally uptight for no apparent reason.

There is a solution:

Even with the same pressures you are facing now, it is possible to:

- Face each day more confidently.
- Enjoy time to just chill out and relax.
- Handle unexpected demands well.
- Clearly understand what you are, and are not, responsible for.



TO GET THERE THOUGH, IT'S IMPORTANT TO HAVE A LOOK AT WHAT IS HAPPENING IN YOUR THINKING.

It would be a good idea to check in with one of the school counsellors for a chat. Or you could get started by picking up either the booklet on Stress – about handling daily pressures – or Anxiety – about handling fearfulness and worry.

You can find these Booklets either in the

- the CEDAR Care Centre Waiting Area
- the CITYREACH Reception Desk



CITYREACH | CEDAR
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