

5 Tips to reduce Stress



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD



FOCUS ON STRENGTHS AND JOY



Focus on and **give energy** to the things that **bring you joy and make you truly happy**. Identify your strengths and build on them.

Discover what is **good for you** and **do it as often as possible**. Carve out time in your day to make this a priority and find simple small moments **just for you**.

GRATITUDE



Take a moment each day to identify or better yet, write down the things/people/moments that **you are thankful for**.

Gratitude is about taking a moment to pause and reflect. **Viewing the world through a lens of gratitude can help us notice and appreciate the good things around us**.

What made you laugh or smile? Be intentional about finding **one good thing each day**.

WORRY TIME



If you **worry a lot**, set aside a **designated time and place** during the day to address the things that stress you out.

Write them down to organize your thinking but **give yourself a time limit and be consistent each day**.

It's important to reflect on how you are feeling, however, knowing you have this time can ensure you don't worry your day away.

CONTROL vs NO CONTROL



So much of what we stress about we have little to no control over.

Itemize your worries/stressors into categories such as **"Things I can: CONTROL, NOT CONTROL, INFLUENCE"**. Shift your focus to those things you can control and spend time on problem solving, making a conscious effort to let go of the rest.

Focus your energy where it counts!

TALK TO SOMEONE



Reaching out to others is a key way to **manage stress**. You don't have to do this alone! Reach out to someone, find a trusted adult that you could talk about this stuff with. Those people may include a **teacher, guidance counsellor, a parent or older sibling**. There are great people available in your community for exactly this reason...

- 1call1click.ca
- YSB.ca
613-260-2360
- Kidshelpphone.ca
1-800-668-6868