



School Stress Relievers for Students

Выполнил учитель английского языка
Куляпина Ирина Ивановна, МБОУ «
Гимназия № 8» г. Евпатория, Крым



Most teenagers experience significant amounts of stress, and this stress can take a significant toll on health, happiness, and grades.

Many students feel a sense of needing to relieve stress, but with all of their activities, it's sometimes difficult to find the time to try new stress relievers to cope with stress. They'll help you to function at your best, and enjoy you continue to develop your skills and abilities.

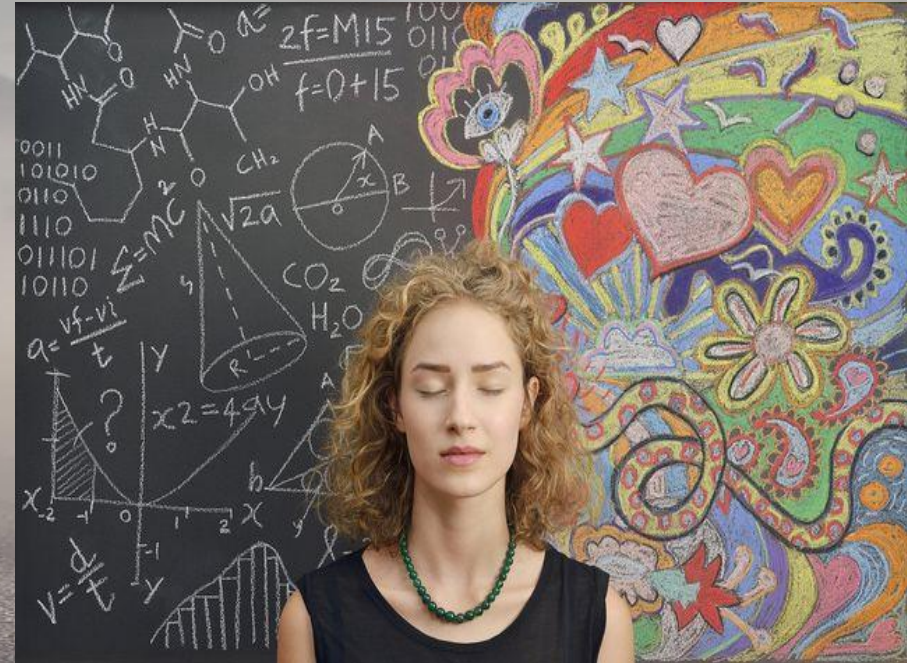
1. POWER OF SLEEP

Students, with their packed schedules feel the lack of sleep. Teenagers need about 9-10 hours of sleep per night. Get into regular sleeping habits.



2. USE VISUALIZATION FOR STRESS RELIEF

Visualization can help you calm down and turn off your body's stress response.



3. EXERCISE

Starting now and keeping a regular exercise practice throughout your life time can help you live longer and enjoy your life more!



4. BREATHING EXERCISES

A quick way to calm down is to practice breathing exercises.



5. PROGRESSIVE MUSCLE RELAXATION

This technique involves tensing and relaxing all muscles until the body is completely relaxed.



6. Music

Music can help you get going in the morning, and feel happy throughout the day.



7. Eat Right

Your diet can boost your brain power. For a healthy diet eat healthy breakfast and snacks during a day.

It is better to eat several smaller meals throughout a day than consume three large.



8. Self Hypnosis

Self hypnosis can be an effective stress management tool.



9. Positive Thinking

You should train your brain for more positive thinking.





*Thanks For
Your Attention.*

Blingee