

STRESS AND GIRLS

ELEMENTARY SCHOOL	MIDDLE SCHOOL	HIGH SCHOOL
<ul style="list-style-type: none">Sibling rivalryFriendship strugglesAny changes in familyDeath or loss of petAcademic pressuresLack of sleeping/ nutrition	<ul style="list-style-type: none">Moving from elementaryIncreased friend dramaAcademic pressure increasesDevelopmental changesChoosing between sleep & gradesFocus of appearance	<ul style="list-style-type: none">Getting into collegeParent discordDevelopment of hormonesOver scheduled & sleep deprivationRelationshipsPressure to succeed

Stress Management Techniques

- Breathe it out: Practice square breathing: deep breath in through the nose for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds
- Create a calm place in your mind: breathe in a color you associate with relaxation (maybe blue or green) and exhaling a color you associate with stress (maybe red or orange) imagine a place that you feel calm in
- Watch a relaxing YouTube video or meditation
- When in doubt dance it out, dance to your favorite “happy” song, move your body, taking a walk with favorite tunes
- Write in a journal: consider concluding with 3 things that you are grateful for, or the gifts in the problem
- Treat yourself: do your nails, take a hot bath, have a piece of chocolate,
- Nourish your brain and your body: eat breakfast, drink water, limit sugar, get at least 9 hours of sleep
- Schedule breaks and down time to give yourself a chance to recharge
- Listen to music, set your alarm/phone to play some fun music when waking up
- Express your creativity: painting, drawing, collages, photography
- Do not procrastinate, it will make it worse, we promise, make sure you have good study habits, easier said than done 😊
- Pet your favorite animal

How caregivers/teachers can help?

- Let them know that you are genuinely interested in understanding their world and practice active listening.
- Remind them that stress is a normal part of life and that learning how to cope with stress takes time and practice.
- Model asking for help or offer to assist in emailing teachers, caregivers if needed.
- Validate how stressful _____ is and ask how you can support them.
- Perhaps share a time you remember feeling stressed in high school.
- Ask questions that encourage her to give you more information.
- Be willing to examine if you’re contributing to her stress levels.
- Explore how you can work together to help her regulate her anxious thoughts, for example: breaking tasks into smaller, more-manageable chunks to start taking action. Make a to do list and label each task 1-5, 5 on important and must be done ASAP, 1 wait till later.
- Don’t expect perfection, just progress. Sometimes the lesson is how not to give up.

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