

May 16, 2019

# THE BENGAL BEAT STRESS MANAGEMENT HEALTHY EDUCATIONAL INFORMATION



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Plainfield East Student Services Issue 4

## Be the Positive

The purpose of a newsletter is to provide our students and families with educational information for a healthy lifestyle. Our students are very important and ensuring they live healthy lives is important. Today's world has many stresses. We hope the information in this newsletter is helpful for students and their families.

Here are some ideas to release your thoughts or worries one at a time...



- ☺ **Creativity** People who have a way to express themselves don't need to hold it inside. Creative outlets like art, music, poetry, singing, dance, and rap are powerful ways to let your feelings out.
- ☺ **Talking** Every young person deserves a responsible adult to talk to and some friends to trust. Hopefully, you can talk to your parents. If you do not want to tell your parents everything, make sure to find an adult who'll listen and whom you can ask for advice.
- ☺ **Journaling** Write it out!
- ☺ **Meditation** Many young people find prayer or meditation helpful.
- ☺ **Laughing or Crying** Give yourself permission to feel your emotions fully.

### Positive Self-Talk

Did you know that using "positive self-talk" can help during times of stress? If you find yourself feeling stressed, try these positive self-talk phrases!

- ◆ I am sure that I am not the only one that has ever faced this before.
- ◆ I am stronger than I feel right now. I just need to hang in there and get through this moment in time.
- ◆ They said that getting through adolescence is tough; I guess this is what they mean.
- ◆ I am not alone. Others are having the same feelings that I am having right now.
- ◆ I have a right to make mistakes; after all, I'm just a kid. I'm not supposed to know everything at this point in my life. Mistakes are part of the learning process.
- ◆ I have a right to be imperfect - - there is no such thing as a perfect person!
- ◆ I will feel better soon.
- ◆ I have gotten through things like this before. I can do this.
- ◆ I will be okay, at least I'm trying.
- ◆ I need to be patient, kind, understanding and tolerant with myself.



*Have a few minutes?? Check out a video!!*

[https://www.youtube.com/watch?v=znIsoaM\\_ALQ](https://www.youtube.com/watch?v=znIsoaM_ALQ)

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx)