

MANAGING STRESS Handout 3



Stress Relievers

There are several short-term strategies for relieving stress when facing the pressures to succeed in school – pressures such as facing a big test, keeping grades up to qualify for college scholarships, or not having enough time to participate in extracurricular activities or a part time job and get homework completed. While you need to develop long-term strategies to reach your goals, the following are some simple actions you can take.

Stress Relievers

Deep Breathing

While in a comfortable position, take a long deep breath to the count of 5. As you exhale to the count of 5, imagine breathing out tension and breathing in relaxation. With each breath, think “relax.”

Stretches that can be done either sitting or standing.

Bubble Technique

Close your eyes and sit quietly. Imagine yourself floating underwater with air to breathe and no tension. Picture your thoughts inside of air bubbles and watch as they float away.

Sandbag Technique

Close your eyes and sit quietly. Imagine yourself standing in a hot-air balloon that is still on the ground. In the basket with you are bags of sand that represent your worries. As you toss each bag out of the basket onto the ground, the balloon begins to lift. When all the bags are gone, you are floating freely with no worries. Return when you are ready. Notice the change in your attitude.

Describe something you do to relieve the stresses you face in school:
