



Top ten stress busters pupil sheet



1. Exciting books, TV, films and music can be great at taking your mind off things.
2. Take care of your body and eat healthy foods like fruit and vegetables – this can really help your mood.
3. Exercise can help with stress – it releases endorphins, natural chemicals which make you feel good.
4. Playing computer games – a short session spent fighting vampires or looking after a virtual pet (either on your own or with friends) can release frustrations and take your mind off problems. Then go out – don't get too screen-bound!
5. Sleep! Being tired makes problems seem worse than they are. 10 to 11 year olds need 9.5 hours a night.
6. Commit to a cause, idea or group – helping others can make you feel good too.
7. Spend time with family or friends – talking about your problems can really help, or maybe they can take your mind off things.
8. Scientists say that laughter reduces stress straight away – catch up with a friend who always makes you giggle, watch a comedy show or find a funny website.
9. Take a positive risk – try a new hobby or sport, join a new club.
10. Talking it out – people say that a problem shared is a problem halved, which means that it pays to talk through how you feel with teachers, your parents, friends or a professional counsellor.