



## MIND MATTERS

### STRESS FREE

To stay stress free, you must know the signs when you are getting 'too' stressed. Where do you feel it in your body? How are you acting with others around you? **KNOW** your signs! And have a **PLAN** to manage the stress. Plan for down time, do a fun physical activity, or say positive things to yourself, like "I'll do my best." **TALK** with someone about your feelings. **BREAK** it down, whatever you have to do, break it down into smaller tasks. Learn to know when you are getting overwhelmed before you feel too stressed, and you can control it with your plan.

### STAYING ON TOP

There is a secret way to catch yourself before you start getting bummed out. When you start feeling uncomfortable, ask

yourself, ‘what am I thinking?’  
and ‘what proof do I have to think  
this way?’

When situations happen  
that cause distress,  
watch out for over-  
generalizing. “I can’t ever do  
anything right” can be substituted  
with “I really had a problem this  
time.” Be honest with yourself.  
Substitute those negative thoughts  
with a statement that is honest and  
more helpful.

#### **RELATIONSHIPS**

Prevent problems by using good  
communication skills.

Talk openly about your feelings,  
thoughts, and interests,  
and be honest.

When you disagree, focus on the  
problem and not the person.

Love happens gradually, it  
is not the same as infatuation.

Love is accepting each other  
entirely, including imperfections.

Always be aware of what you’re  
really good at- there’s something  
you can do that no one else can.

You are a unique  
combination of talents.

#### **SHINE!**

Produced as a public service by  
Virginia Academy of  
School Psychologists  
[www.vaspweb.org](http://www.vaspweb.org)