



Healthy Ways of Coping with Stress:

- Take care of yourself.
- Eat healthy, well-balanced meals
- Exercise on a regular basis
- Get plenty of sleep
- Give yourself a break if you feel stressed out
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or teacher.
- Avoid isolating yourself. Ask question and find out information on what you are interested in and in the long run, don't feel bad for asking question. In the long run it will help you and you will be more confident on where to go when needed.

Recognize when you need more help. If problems continue or you are feeling down, sad, frustrated please call us, we will be happy to meet with you and support you.

Speaking to a counselor can allow you to express your feelings in a safe and confidential environment.

Elmwood Community Resource Centre –@ 204-982-1720