

Common Types of Stress

Community Stress



Stress from Peers



Stress at Home



Daily Rules



Stress from Friends



School Stress



Common Ways to Deal with Stress

Identify hobbies that you enjoy

Listen to music

Write in a Journal

Talk to a Trusted Adult

Learn Deep Breathing Exercises

Practice Resistance Strategies

Talk with Friends

Always remember that you are unique

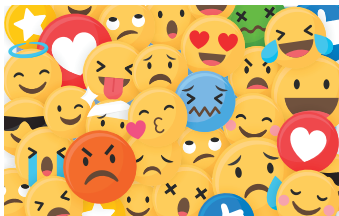
and YOU matter!



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Community Stress

**Wanting to be socially compatible
with other members of a group.**



Not Fitting In

Group or Social Anxiety

Worried About Being In

The Right Friend Group

Scared or Nervous About Decisions

Ways to Deal

**Keep a calming method
or item in your pocket**

**Understand that you
are not alone!**

**Surround yourself with
positive people**

**Voice any concerns with
a trusted adult**



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Stress at Home

A disturbance in the steady state of the house or family system.



Chores & Responsibilities

Arguing with Parents

Fighting with Siblings

Tight on Money

Hunger

Ways to Deal

Find a new hobby

Count to ten slowly
& breathe

Excuse yourself from
an argument

Listen to music

Know your stress cues

Conserve energy for
what you can control



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Daily Rules

**A prescribed guide for
conduct or action.**



Curfew or HW times

Phone Restrictions

Proper Language Use

Daily Expectations

Expected Manners

Ways to Deal

Set alarms for
important deadlines

Use a journal to keep
track of tasks

Be kind and respectful

Take time to think
before you speak

Understand what rules
you can control



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School Stress

When you feel worried or uncomfortable about something at school.



New Class

Lots of Homework

Bad Grades

Detention or Suspension

Bullies

Difficult Classwork

Ways to Deal

**Use a Journal or Agenda
to track work**

**Talk to friends and
share your struggles**

**Talk to a favorite
teacher or counselor**

Ask for help!

Practice Deep Breathing



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Stress from Friends

**Having conflict or disagreements
with your friends.**



Social Media Conflicts

Dating

Bullying

Rumors or Gossip

Lying or Keeping Secrets

Ways to Deal

**Create an exit plan
to get out of an
uncomfortable situation**

**Talk to a parent or
trusted adult**

Journal about feelings

**Talk to friends directly
when there is a
problem**

**Practice good
communication skills**



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Stress from Peers

**Influence from members
of one's peer group.**



Wanting to Dress in Style

Knowing Who to Hang Out With

Pressure to Try Drugs & Alcohol

Trying New Games (Dare)

Ways to Deal

**Practice Resistance
Strategies**

**Write down what
makes you unique**

**Leave an uncomfortable
situation**

Go for a walk

**Look for positive
role models**



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