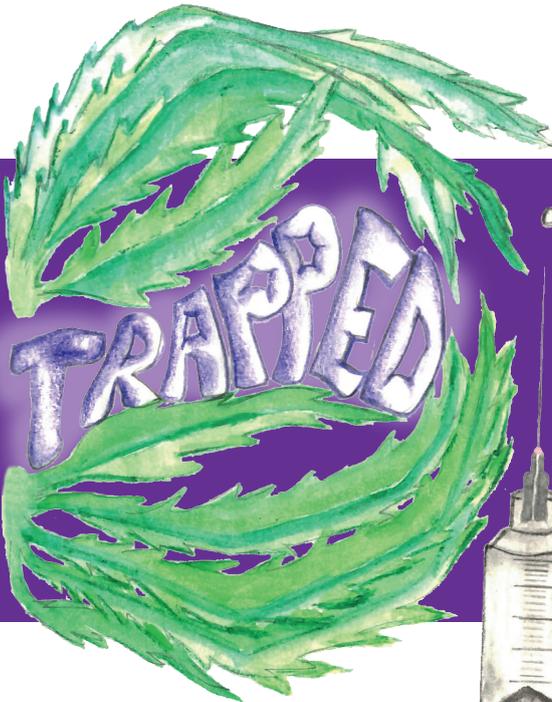




Stand With Me  
**Be Drug Free.**<sup>®</sup>

The Power of Making Good Choices

Don't be



by



How to Deal With Stress

# Stand With Me, Be Drug Free

The **Stand With Me, Be Drug Free** campaign celebrates the fact that a majority of youth do not use drugs and or alcohol. It means making healthy choices for yourself, choosing friends who are drug free, and participating in activities that are healthy and drug free. **It means being a part of the majority of people who do not use and abuse drugs and alcohol.**

Choosing not to use drugs and alcohol helps us achieve our goals. Below, share two or more goals you have for your future.



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## Stand With Me Be Drug Free<sup>®</sup>

How would choosing to use drugs and or alcohol affect you achieving these goals?

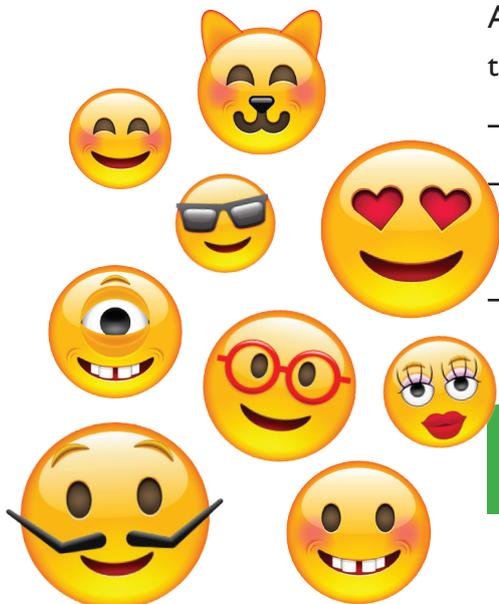
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An important part of success is staying focused on the positive. Let's continue this focus by listing 3 things you like about yourself.

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Thank you for being **YOU!**



# What is Stress?

Stress is your body's way of responding to any kind of demand or threat. When you sense danger the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction or the "stress response." The stress response is the body's way of protecting you. Many life situations are not life threatening but they still can trigger the stress response.

## The Stress Response

When you feel threatened, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol, which prepare the body for emergency action.

Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus which prepares you to either fight or flee from the danger you are facing.

Segal, J., Smith, M., Segal, R., & Robinson, L. (2018, September). Stress Symptoms, Signs, and Causes. Retrieved Oct. 19, 2018, from [www.helpguide.org/articles/stress/stress-symptoms-signs-and-causes.htm](http://www.helpguide.org/articles/stress/stress-symptoms-signs-and-causes.htm)

There are many things that can cause stress:



Everyone handles stress differently

Some people think that drugs can help them deal with stress but drugs actually make it harder to cope by causing the body's stress response to be hyperactive. Using drugs to deal with stress is not a good solution.

Stimulant drugs make your heart beat faster and your blood pressure increase. These are the same reactions that happen to a person's body under stress. The combination of drugs and stress create a stronger, more dangerous reaction.

Some drugs can be calming at first, but frequent use can raise stress hormone levels which increases irritability and anxiety.

Both stress and drug use can make a person more impulsive and impair decision making. They can also change how the brain perceives pleasure. These effects increase the risk for drug use and for developing an addiction.

# Effective Ways to Deal With Stress

## Effective Ways to Deal with Stress

There are many effective solutions to stress. Each person is different and different solutions will work for different people. Some tips include:

### Move your body



Take a walk, exercise at a gym, play a sport, dance – any kind of physical activity helps a body cope with stress.

### Meditate



Meditation and deep breathing can improve symptoms of anxiety. Stop and count to 10 when you feel overwhelmed. Find a meditation app for your phone or tablet that will help guide you through meditation exercises.

### Take a Time Out



Sometimes we just need a break. Listen to your favorite music. Relax at the pool. Put your phone away. Enjoy some time in nature.

### Do one thing at a time



When you feel overwhelmed with life's responsibilities, make a list, prioritize and take one thing at a time. If you feel overwhelmed ask a friend, parent, teacher, counselor for help.

### Be present

If you find your mind wandering or are unable to focus on the moment, use a mindfulness exercise to help return your focus. Find 5 triangles around you. Identify 3 different smells. Name 10 things around you that you can touch.

### Share your feelings and concerns with others

Find positive people in your life to talk to; share your feelings of stress with others.

Youth often stress about fitting in, you are not alone! Be yourself! Stay positive! Surround yourself with people who are positive and who make you happy.

laugh



# How Do You Deal With Stress?

Which of these ideas would work the best for you to deal with stress?

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Do you have other suggestions for tips to deal with stress?

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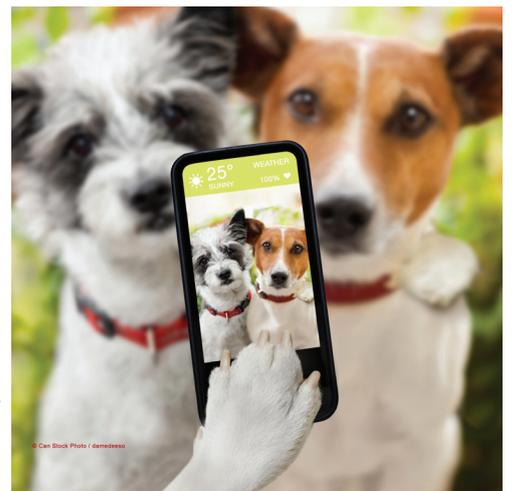
## Balance in all things

On average, teens spend two-and-a-half hours a day watching TV, playing video games, on the Internet, texting, or using social media. On the weekends that time increases to over four hours a day.

Technology and social media are important pieces of your everyday life. But, it is also important to remember that they are only a few pieces of your life. Be sure to take time to connect with friends and loved ones on a face-to-face basis as often as possible.

For a more balanced life establish healthy boundaries with your phone and social media. Below are a few ideas:

- For better sleep, turn your phone off one hour before you go to bed.
- Commit to not looking at your phone when you are in a face-to-face conversation with a friend.
- Do not bring your phone to the dinner table.



# Resistance Skills

Here are some examples of ways to say, "NO" to drugs:

## Refusal Skills *Ways to say, "NO"*



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|--|--|
| 1. Blame someone else.                 | "My dad would kill me if I didn't help him."                             |
| 2. Say, "no, thanks."                  | "No, thanks. I'm not interested."  |
| 3. Give a reason.                      | "No, my dad said he'd pay me \$20 if I helped out."                      |
| 4. Leave the situation.                | "I've got to get going. I'm running late."                               |
| 5. Ignore the request or the pressure. | Pretend that you don't hear them asking you. Refuse to talk about it.    |
| 6. Say no, and mean it.                | "NO, I don't want to!"   |
| 7. Keep saying no.                     | "How many times do I have to say no? Stop bugging me!"                   |
| 8. Make a joke out of it.              | "You probably couldn't keep up with me on a bike ride anyway."           |
| 9. Make an excuse.                     | "No, I'm not feeling well."  |
| 10. Suggest something else to do.      | "Let's go on a bike ride on Sunday instead."                             |
| 11. Change the subject.                | "I hear Nick and Mary are dating."                                       |
| 12. Team up with someone.              | "Hey David, didn't Dad say we had to do the garage or we'd be grounded?" |

### **Remember:**

Ask one or more people who share your values to help you in the refusal. Many voices are better than one!

{no}

How do you plan to say,


## #StayHealthy



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**Be Drug Free™**

# Reasons to Be Drug Free

You participate in fire drills at school to prepare you in case there is a fire. In the same way you should prepare for how you will answer someone when they offer you drugs. Decide ahead of time not to use drugs and know your reason.

## Reasons to #StayHealthy

1. **I like to keep my thinking clear.**  
Drugs alter your brain and the way you think and act.
2. **I want to make the best choices for myself!**  
Drugs impair your decision making and may help you make poor choices that you will regret.
3. **I don't want to waste my money.**  
Drugs cost money, and they are a waste of money.
4. **I don't break the law.**  
Using drugs is breaking the law.
5. **I don't want anything to control my decisions. (Or I don't want to be addicted to anything.)**  
Drugs are addictive.
6. **I want to be happy and healthy.**  
Drug use increases stress and can harm your mental health.
7. **I only put healthy things in my body.**  
Drug use can harm your physical body.
8. **I want my family to be proud of me.**  
Drug use will get you in trouble with your family and school.
9. **I want to make good grades in school or play sports in school.**  
Drug use can rob you of your motivation to do well in school and with extracurricular activities.
10. **I have better things to do!**

Why do you choose to #StayHealthy?

I'm **drug free** because...



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*Always remember to be kind and respect yourself. Treat others the way you want to be treated.*  
If you are dealing with chronic stress and don't know what to do, there are people who want to help.

**Talk**

Teen Lifeline	800-248-8336 (TEEN)
Teens Helping Teens	800-TLC-TEEN
Suicide Prevention Hotline	800-273-8255
HCIC Crisis Line	877-756-4090
NAMI Help Line	800-950-NAMI (6264)

**Text**

Text **ABOVE** to **741-741**  
to text anonymously with  
a trained crisis counselor  
for **FREE** 24/7

**Explore**

nami.org  
teenlifeline.org  
mentalhealth.gov

**Substance Abuse Resources**

Drug Addiction Hotline	888-268-9185
SAMHSA Help Line	800-662-HELP (4357)
Resources & Information:	samhsa.gov drugfree.org
Support Groups:	al-anon.alateen.org

**Need Help?**

**Reach Out!**

Dear Parent or Guardian,

Have you ever wondered what is the best way to keep your child drug free? The answer is simply to stay involved in their lives. As they get older and become more independent, your involvement in helping them make good choices is crucial to their good health.

At some point your child will be offered drugs. Drugs damage lives, families and futures. In order to avoid using drugs, your child needs a strong bond with drug-free family and friends. If they 'stand with' people who make healthy choices, your child will have a much brighter future and chance for success.

MATFORCE provides this prevention workbook to schools in order to help youth think about making good choices.

Your child also needs your help. Make a plan that includes:

- » Read this booklet with your child.
- » Talk with your child about why it is important to make good choices to protect their health and safety.
- » Talk with your child about how and why bad choices are harmful.
- » Spend time together playing, reading, sports, cooking or whatever.
- » Set good boundaries and let your child know what you expect.
- » Know what your children are doing when they are not with you.
- » Be the role model your children deserve.

MATFORCE hopes everyone will 'Stand With Me, Be Drug Free.' For information and resources visit our website or call.

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**MATFORCE**

*Building Healthier Communities*

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