

With stress, these are just a few of them:

BECOME ORGANISED

Make a study timetable and use a diary. If you have a lot of things to do - you may find it useful to write a list and mark them off as you do them

HAVE A BREAK

Make sure you have time to relax. Wake up yoga, Get a massage, have a nap. During study, have a break every now and again - watch some TV, listen to music or give a friend a call.

SMILE

Smiling not only makes you look good but it can also have a huge effect on your mood. As they say smile and the whole world will mile back at you"

PAMPER YOURSELF

Do something for yourself that you enjoy or that makes you feel good. Make a long bubble bath or go for a long walk.

GET MOVING

Don't make excuses! Remember that exercise improves your wellbeing so get out there. Even just a 15 min walk twice a week will help. That make yourself feel good & relaxed.

formed to respond to the needs of young Jewish people. Project workers are on hand to offer information advice and support on a variety of issues that concern young people. These include bullying, street awareness, exam stress, alcohol, friendships and relationships. We focus on Jewish identity and Israel issues.

For further information about any of the issues mentioned above, or to meet one of the Project workers, you can contact us on:

Tel:

020 8457 2333

(This is just a switchboard at Maccabi GB. Just ask to be put through to the Street Project).

E-mail:

enquiries@maccabigb.org

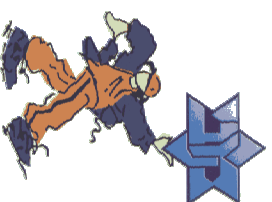
Address: Maccabi Street Project

Shield House

Harmony Way

Hendon

NW4 2BZ



Coping With Stress



Stress is the way you react - both positively and negatively, both physically and emotionally to a range.

Some of the most common things that a young person tends to stress over include Exams, Tests, relationship break-ups, Family problems and or school or uni difficulties. Stress can be good - it can be an adrenalin rush that keeps our bodies functioning. Ongoing stress can affect your health and well-being.



Don't worry though, you are not alone, millions of people will suffer from stress of varying degrees at some point or another.

- Having trouble concentrating
- Having trouble making decisions
- Not speaking clearly
- Tightness of muscles
- Feeling tired
- Feeling like you are rushed
- Feeling flustered
- Headaches, sweating & nausea
- Lack of appetite
- Disturbed sleep
- Feeling irritable or bad tempered and feeling very emotional
- Feel that others are to blame & feel that others "don't care"

Unresolved Stress can lead to:

Liver disease, Heart Disease, Backache, Headaches, Obesity, Diabetes, Depression, Insomnia, Heat Attack, Stroke, Lowered Immunity, Inability to Concentrate, Irritable Bowel Syndrome and an

gain control of your life:

BREAKING THE STRESS CYCLE

- **Recognise that you are stressed**
Sometimes people don't even realise that they are stressed. Others know deep down but deny it. You must say to yourself "I am Stressed and I want to do something about it!"
- **Get to know what gets you stressed**
Take notice of when, where and why you feel stressed.
- **Reduce things that make you stressed**
If work makes you stressed ask for less hours. If homework makes you stressed have a break. If your friends make you stressed have some time out.
- **Increase Relaxation and Positive Activities**
Do things!!! There are many ways to deal with and manage stress.