

TIPS FOR STUDENTS

Anxiety, Stress, & Anger



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Not a substitute for
professional care or
diagnosis.

**IN CRISIS
CALL 988**

Pressure

A lot to deal with but...



1. Limit comparing yourself to others.
2. Set realistic goals.
3. Seek help from counselors when you're struggling.
4. Balance responsibilities with fun, friends, and hobbies.
5. Get enough sleep. It helps with focus, memory, and overall well-being.



TOUGH TIMES ARE TEMPORARY. YOU CAN WIN!

Image



You're already great.

1. Realize media images are often unrealistic. Barbie & Superman are fictional.

2. **Limit exposure to social media** that only presents wealth & superficial beauty.

3. Choose empowering role models.

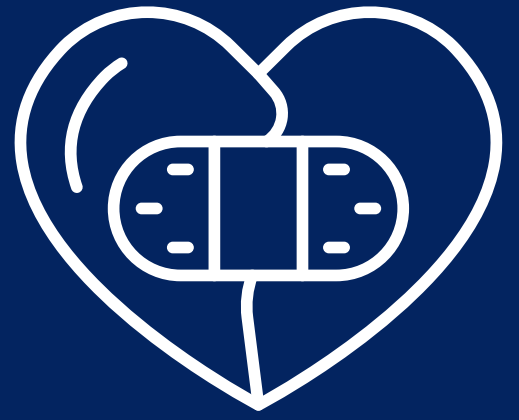
4. **Exercise and eat well** to feel and look your best.

5. Seek friends with similar interests.



TOUGH TIMES ARE TEMPORARY. YOU CAN WIN!

Trauma



Experiences can be tough.

1. **Acknowledge feelings**, e.g., “I feel scared. I feel worried.”
2. **Avoid triggers** that remind you of negative experiences.
3. Express your emotions through arts and creative activities.
4. **Ask for professional support** from a therapist.
5. Find “safe” places:
friends,
family,
community
centers.



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Anger



1. BREATHE

Pause, take deep belly breaths, collect your thoughts, avoid angry words.

2. MOVE

Away from the source of anger to another activity.

3. SPEAK

Out loud to yourself:

"This feeling is not permanent."

"I don't want to lose control."

"Wait. It will pass."

"I feel angry."

4. THINK

There is **NO** argument worth ruining your future.

Depression

Can make you feel
hopeless, sad & miserable.



STEPS TO COPE:

1. **Know that everyone has struggles** that can lead to depression, anxiety & anger.
2. **Volunteer and serve** those who need a helping hand.
3. Improve your diet & drink plenty of water.
4. Strive for **7–9 hours of daily sleep.**
5. **Exercise** regularly.
6. Play inspirational music.
7. Prayer and mindfulness meditation may help.



TOUGH TIMES ARE TEMPORARY. YOU CAN WIN!

HAVING SUICIDAL THOUGHTS?

FREE 24/7 Live Support

Call the
crisis line
988

Visit
988lifeline.org

Text
HOME to
741741

ALWAYS REMEMBER



This current feeling is only
temporary. Better days
are ahead.

*The struggle is real, but every day is a
new chance for you to **create, build,**
contribute, serve, love and be loved.*

Y CHAT

Youth Violence & Support

Call or Text 816-799-1720

**KC Area Behavioral
Health Support Centers**
JacksonCountyCares.org

Missouri Crisis Line
1-888-279-8188



**For more info about identifying
mental health symptoms visit:**

screening.mhanational.org/screening-tools

**Developed with expert
counsel & adaptations from:**

acog.org, mentalhealthkc.org, health.com,
www.helpguide.org, verywellmind.com,
nursingtimes.net, healthline.com, kidshealth.org
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