



# Feelin' Frazzled?

## 10 Tips to Keep You Calm, Cool, and Collected



**Put your body in motion.** Physical activity is one of the most important ways to keep stress away. It clears your head and lifts your spirits.

**Fuel up.** Start your day off with a full tank. Eat regular meals for the energy you need to tackle the day.

**Laugh out loud!** Head off stress with regular doses of laughter—you'll feel like a new person! Watch a funny movie, watch cartoons, or read a joke book to get the good times rolling.

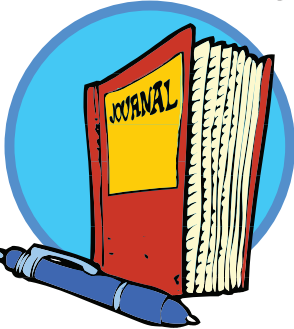
**Have fun with friends.** Go to the movies, shoot some hoops, or just hang out and talk. Friends can help you see the brighter side of things.



**Spill to someone you trust.** Talking out your problems and seeing them from a different view might help you figure out ways to deal with them. You don't have to go it alone!

**Take time to chill.** Finding time to relax after (and sometimes during) a hectic day or week can make all the difference in how you feel.

**Catch some zzzzz...** Because your body (and mind) is changing and developing, it requires more sleep to re-charge for the next day. So don't resist, get some sleep!



**Keep a journal.** If you're having one of those days when nothing goes right, write about it in a journal to get it off of your chest.

**Get it together.** Planning ahead and getting organized can help you tackle everything you need to get done.

**Lend a hand.** It's almost impossible to feel stressed out when you're helping someone else. It's also a great way to learn about your own special qualities!

Find out more on **BAM! Body and Mind™** at [www.bam.gov](http://www.bam.gov)