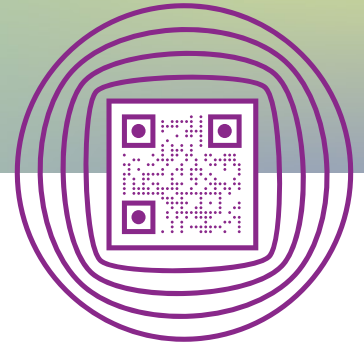


CopeCode Club



Stress Science Tips

The following tips are grounded in science and have been compiled as support for all of the de-stressing methods portrayed in the coinciding stories. Each tip can be considered the methodology behind the stories. These are not intended to replace professional help or treatment but should be viewed as additional ways to help cope with the stresses of everyday life. If you or someone you know is in immediate danger, please call a trusted adult or 911.

Physical Activity

Did you know that exercising reduces the levels of stress hormones in your body? Moving your body produces chemicals called endorphins which make you feel good and relax your body and mind.

Story pairs: Brianna, Calvin

Art & Painting

Painting and drawing have been known to promote health for thousands of years! The process of creating art grounds you in the present moment and helps to express difficult feelings, which has a beneficial effect on your body and mind.

Story pairs: Jamie

Singing

Did you know that when you're stressed, your biological "fight or flight" response kicks in? But when you sing, your body relaxes, lowering your heart rate and blood pressure back to normal.

Story pairs: Alisha

Positive Thinking

Did you know that thinking positively can lower your stress level? A number of scientific studies show that focusing on good vibes – and pushing out negativity – can help you deal with stress and anxiety, and make you feel better overall.

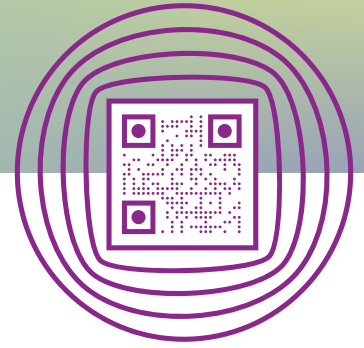
Story pairs: Farrah

Peer Sharing

Talking with a friend about what's bothering you is a great way to reduce stress. A good heart-to-heart can help you explore solutions to difficult problems, even as it brings you closer to the people you care about.

Story pairs: Carlos, Mariah, Hannah, Gabrielle

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Meditation (Take a nap)

Did you know that taking a nap can reduce stress, give you a fresh perspective, and recharge your batteries when you're feeling overwhelmed? Being tired puts you at a disadvantage and makes you less productive.

Story pairs: Jeremiah

Deep Breathing

Something as easy as taking a few deep breaths can help you reduce stress and anxiety. When you take three or four deep breaths in a row, you're commanding your body to slow down, and even regulating your heartbeat and body temperature.

Story pairs: No direct pair, but a great coping mechanism for every-day use

Journaling

Keeping a journal is a great way to help release – and understand – your stress. Writing things down in one place can organize your thoughts and emotions, making it easier to figure out difficult situations.

Story pairs: Nadia

Hug

Did you know that there is a hormone in your body that some scientists call the “cuddle hormone?” It's also known as oxytocin and it's released in your body when you hug, touch, or sit close to someone, making you feel happier and less stressed. This can also reduce blood pressure and stress.

Story pairs: Maya