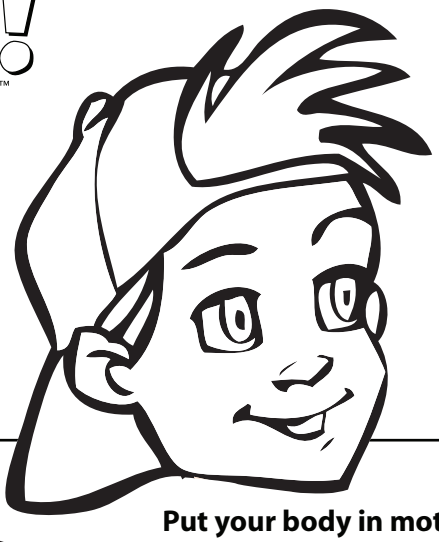
BAM! Body and Mind™
www.bam.gov



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.

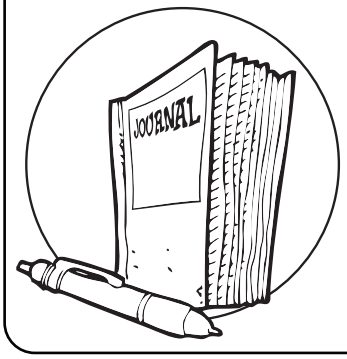
Laugh out loud! Head off stress with regular doses of laughter—you'll feel like a new person! Watch a funny movie, watch cartoons, or read a joke book to get the good times rolling.

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

Made possible by the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention. 2005.