### Four basic stress busters

1. **Show your feelings**
   
   You can talk to a friend, let off steam, sing, write a poem.

2. **Problem-solve**

   Decide what is causing the stress, for example, not becoming assertive, not managing your time. Then make a plan and sort it!

3. **Nurture yourself**

   Have a special treat, spoil yourself and indulge yourself!

4. **Activity to get distracted**

   Do something sporty, get fit and out of breath. Find an exciting hobby and use your brain!

When could you use these strategies? Identify a stressful situation and state how you would deal with it by using each strategy.

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Try the strategies and keep a balance between the strategies! Sort the stress!