

PUBLIC APPEARANCES

Practice more. A few minutes before the concert, practice the music piece that you are going to show.

Cheat sheet. Make a sheet of notes or words to make it easier to perform.

Invite people that are **close** to you and will be there for you and make it less scary.

Anti-stress toys. Bring an anti-stress toy with you - it will help you concentrate and relax.

Concentration. Try to only concentrate on the performance and imagine that you're the only one there.

FAMILY



Solving problems together and compromising helps strengthen the bond between you and other family members.

Making long lasting traditions. For instance, some weekly or monthly events, like going to a cinema.

Talking about feelings openly, sharing your experiences will strengthen trust between you and your family members.

Having **mutual hobbies** or participating in mutual **activities**. For example, doing sports or playing games together.

If problems seem to be too hard to solve by yourselves, go to **family therapy**.



Tips to reduce stress

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FUTURE

Do not be afraid to **visit a psychologist**. You can also visit one online if you don't like interpersonal contacts. Therapy can make you stronger.

Believe in yourself. It's hard, but when you do it your life and problems can get easier.

Don't be afraid to make mistakes. You learn from them.

Talk to peers. Friends will always listen to you and advise you.

Rest. It can reduce stress and it's generally better for your mental health.

"It's okey not to be okey"



OTHER PEOPLE + OPINIONS

Try to **realise** that most people **don't care** about the things you do and how you look.

When something awkward happens know that you and everyone around **won't remember it** the next day.

Don't be afraid to **be yourself**.

Focus on **controlling your thoughts**, not others.

Don't try to please everyone.

PHOBIAS

Claustrophobia – visit a psychologist, avoid small spaces.

Going home alone – walk with confidence, go faster and talk with someone on the phone.

Acrophobia – take swimming lessons.

Loud noises – you can buy earplugs, if someone is being too loud – tell them.

Hospitals – don't think about the past, try not to overthink.

SCHOOL

Set your priorities! Maybe there are too many activities in your life, that interfere with your studies.

When you are learning, **take breaks** so your mind doesn't get tired of knowledge.

If you have problem with learning, **talk to your parents**. They can help you find a tutor.

Plan your time! It will help you to learn effectively and understand the information better.

If you have problems with teachers, you can **talk to someone you trust**.

STRESS TEENAGERS FACE ON A DAILY BASES:

