

FEELING STRESSED? WE CAN HELP.

It's normal to worry about things like school, friends, and family.

  1 out of 2 JGMS students describe their lives as stressful

  1 out of 2 JGMS students often worry about school issues

  1 out of 4 JGMS students often worry about social, family, or appearance issues

Some good ways to manage stress are...

-  Being active
-  Eating healthy
-  Getting good sleep
-  Keeping a journal
-  Staying organized
-  Doing things you enjoy
-  Volunteering and helping others
-  Talking to a friend or trusted adult

Signs that stress may be becoming a problem for you or a friend are...

DEPRESSION OR SEVERE MOOD SWINGS THAT YOU CAN'T SHAKE

SEVERE WORRY OR ANXIETY GETTING IN THE WAY OF DAILY ACTIVITIES

FEELING OVERWHELMED, MAKING ORDINARY THINGS HARDER TO DO

TROUBLE WITH SCHOOL WORK, DESPITE TRYING VERY HARD

BIG CHANGES IN SLEEPING OR EATING HABITS

TAKING DANGEROUS RISKS

REPEATED USE OF ALCOHOL OR DRUGS

It's important to get help early, before a smaller problem becomes bigger.

Ask for help - don't go it alone. 

Talk to your parent or a friend's parent.

Talk to a teacher, guidance counselor, or principal.

Talk to a health care provider.

Talk to a counselor or religious leader.

Take a free mental health screening at www.bedfordma.gov/youth

Contact Bedford Youth & Family Services:

781-275-7727

www.bedfordma.gov/youth

**BEDFORD YOUTH AND FAMILY SERVICES
IN PARTNERSHIP WITH BEDFORD PUBLIC SCHOOLS**

**It's We
Not Me**

We're here to help.