

# HOW DO YOU COPE WITH STRESS CAUSED BY THE PANDEMIC? SHARE YOUR EVERYDAY TIPS ON COPING WITH STRESS.



teenLINK Hawaii POLLED **84** youth, teens, and young adults to ask what their everyday tips are in coping with stress caused by the pandemic. Responses reveal that **SLEEP, TV, YOUTUBE, NETFLIX, EATING, GAMES, ART, DANCING, FRIENDS, MUSIC, FAMILY, READING, HOBBIES, COOKING, and MEDITATING** are ways they are coping with stress.

## HERE ARE RESPONSES AND TIPS ON WHAT YOUTH, TEENS, AND YOUNG ADULTS ARE DOING TO COPE WITH STRESS.

"I honestly just saw quarantine as a time to relax and refresh.

Tips: do things you enjoy or find new hobbies and interests. Think about the things you have to be thankful for, even the small stuff. Watch a sunset, look at nature, and appreciate its beauty in the moment. But if you're someone who feels they need structure in life, create a daily routine for yourself. Make a list of things you want to accomplish for the day or week. And try to keep a schedule for yourself including when you want to sleep and wake up. That way you can still feel productive."

"I have coped with the stress of this pandemic by taking care of myself (eating, exercising, getting sleep, etc). Socializing with supportive people talking about my stress. Taking breaks every now and then from school if I feel overwhelmed. I have also been investing my free time with doing my hobbies to help relieve stress over this pandemic."

"I try to keep in touch with my friends so the world doesn't feel that much different caused by the pandemic. Sometimes we do outdoor activities – exercising, getting fresh air, and cruising in the car to get some vitamin D and a break from being cooped up in the house for a long period of time."

"I cope with stress by listening to music and playing video games with my friends because it's honestly the only thing that feels normal/like a routine that wasn't interrupted by the pandemic. My tips are to find a routine in your day, take up a new hobby, and take care of yourself emotionally, physically, and mentally."

"I cope with stress in different ways. During this pandemic, we need to have plenty of sleep and do something we enjoy like stretching or meditation because it can reduce stress. My everyday tips on coping stress is take care of yourself, you need to eat healthy, talk to others about how you are feeling, and give yourself a break if you feel stressed."

"I cope with stress by taking naps because every time I feel overwhelmed or groggy naps are like a refresh button and I feel full of energy again. My advice is to find something that you think is fun or puts you at ease, it doesn't have to be exciting. I would say try to communicate with your friends/family over calls or do something interactive so you don't feel suffocated. You don't have to pick up new hobbies everyday but just do something you enjoy, then you won't feel as stressed. It could be watching anime, Netflix, or cooking."



"I just occupy myself with activities that are able to take my mind off of this whole pandemic like dancing, reading, or some form of art. I don't think I'm that stressed from the pandemic but it has affected me to use this time to self reflect and focus on making myself a better person; both mentally and physically, you could say. Although, I do miss having the freedom to just go out whenever and wherever with whoever."

"Dealing with stress from this pandemic has not been an easy thing to deal with but how I dealt with it in the beginning was by finding outlets for me. For example, going for a jog, working out, using candles, getting into new things I've never tried before, and playing video games. But one of my everyday tips/advice is to just take things one day at a time. Don't throw yourself into schoolwork or anything else, take time to ease into it."

"The only stress I have from this pandemic is school wise. I have a harder time learning by using online schooling, so I would try my best to focus in class and jot everything that needs to be remembered. I set up a list of certain things that need to be complete and start on them as soon as possible.

Tips:

- 1) Write everything down, looking at a list will help much more and showcase the piles of work to be completed
- 2) Take small breaks every now and then. Looking at a screen all day is very straining to the eyes, so during break and in between classes, I limit my screen usage and let a song play while staring at a wall or outside a window"

"Being a student is really hard especially when transitioning to a whole new normal of distance learning and hybrid. I know a lot of my fellow seniors who are bummed out because our whole senior year didn't turn out the way we hope for. Some things I cope with stress is drawing/doodling, doing some exercises, and taking care of myself (skin care, trying a new outfit, making my hair, stuff like that). I remember to always drink water and take everyday one step at a time."

"Tips I have are to keep a journal for how you're feeling if you have no one to talk to. Also to have some hobbies or exercise to keep busy. Also to remember that the pandemic isn't permanent but to still follow social distancing and wearing your mask."

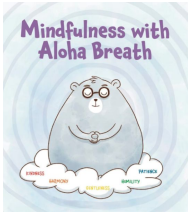
"The way I cope with stress caused by the pandemic is by distracting myself with social media (TikTok, YouTube, Netflix, etc.), working out, playing the ukulele, listening to music, and cooking."

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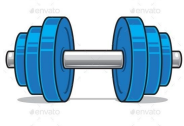
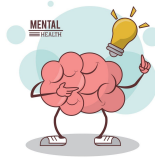
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