**How to Handle Stressful Situations**

Step 1: Identify the source(s) of stress

* This will help you better understand what the solution might be.

Step 2: Have the right attitude

* Understand that others may be able to help you. Most problems can be fixed.
* Practice self-talk and examine your thoughts.
* Avoidance coping = a form of coping where a person changes their behavior to avoid thinking about, feeling, or doing something difficult.

Step 3: Change what you can

* There may be something you can do.

Step 4: Build Resilience

* Exercise, self-care, meditation, and music can help you handle stress and build resilience for the future.
* These all don’t necessarily work for everyone, but it's likely one will work for you.

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