



**R u
ready
for some
answers?
Clinic Plus
can help.**



It's time to change
how we view a child's growth

Clinic Plus is a confidential, early recognition and intervention program
for children in New York State funded by the

**New York State
Office of Mental Health**

Michael F. Hogan, Ph.D.
Commissioner



For more information, please contact:

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**R u
Stressed?
Over-
whelmed?**

**Check out
Clinic
Plus!**

RU STRESSED? OVER- WHELMED?

- ◆ You are not alone, many kids feel this way
- ◆ Life is full of ups and downs
- ◆ A little bit of stress can work in positive ways
- ◆ Like during a sports event, stress can help you to perform better
- ◆ The stress of a deadline may help you to get where you need to be on time
- ◆ Too much stress, or not having ways that help you deal with it, can be bad for your health

WHAT CAN U DO?

SOME TEENS FIND THESE THINGS HELPFUL IN MANAGING STRESS:

- ◆ Put your body in motion - exercise
- ◆ Fuel Up - eat right
- ◆ LOL - laugh out loud
- ◆ Have fun with friends
- ◆ Spill to someone you trust
- ◆ Take time to chill
- ◆ Catch some ZZZZs
- ◆ Keep a journal
- ◆ Lend a hand - Volunteer
- ◆ Learn ways to better deal with anger
- ◆ Get it together - get organized

STILL HAVE QUESTIONS?

Clinic Plus is available to help you figure out if stress is impacting your health and to find ways to help you deal with it.

Here's how we help

- ◆ Information - Check out our flyers on issues that matter to you - stress, peer pressure, drugs, etc.
- ◆ Get you connected to things that will help
- ◆ Not sure where UR at? Open to checking it out? THEN take a simple screening