

CAREER COMPASS

Navigating Youth to Career Success

Your Future Begins Here | sutteronestop.com

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SCAN ME



Want to get involved? Scan this QR code to connect with our Youth Team and learn about exciting opportunities!

STRESS MANAGEMENT: FINDING YOUR ZEN



RECOGNIZING SIGNS OF STRESS

- **Body Warnings:**
Pay attention to frequent headaches, tight shoulders, or trouble sleeping at night.
- **Mood Changes:**
Notice if you are feeling quickly irritated, overwhelmed, or anxious about daily tasks.
- **Loss of Focus:**
Realize when it becomes hard to concentrate on your assignments or stay organized.
- **Energy Drops:**
Watch out for feeling constantly tired, even when you haven't been physically active.
- **Withdrawal:**
Catch yourself when you start pulling away from friends, family, or favorite activities.



RELAXATION TECHNIQUES



- **Deep Breathing:** Try the 4-7-8 breathing method to quickly slow your heart rate when overwhelmed.
- **Take Screen Breaks:** Step away from your phone and social media to give your mind a quiet reset.
- **Move Your Body:** Go for a short walk, stretch, or do quick exercises to release built-up tension.
- **Journal It Out:** Write down what is stressing you out to get those heavy thoughts off your mind.
- **Listen to Music:** Put on calm, relaxing songs or instrumental tracks to help ease your focus.



STRESS LESS CHECKLIST



- ☐ **Night Prep:** Lay out your outfit and pack your bag the night before to avoid rush.
- ☐ **Daily Break:** Block out 20 minutes every day strictly for doing something you enjoy.
- ☐ **Stay Hydrated:** Keep a water bottle with you throughout the day to keep energy up.
- ☐ **Identify Support:** Write down two people you can talk to when school feels overwhelming.

2026-2027

The Sutter County One Stop is a proud partner of America's Job Center of California network.

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Papa Murphy's Take N' Bake
Rym's Bobba & Rolls
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Walgreens (855 Colusa Ave)
Walgreens (Plumas Lake)
Wing Zone
Yuba City High School

**Employers that partner with us to provide valuable work experience opportunities for our youth.*



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Auxiliary aids and services are available upon request to individuals with disabilities.