

Stress Management Activities

This is a time of unknown and uncertainty. When people do not know what is going to happen or do not know what to do, it gets very stressful! While we should be concerned and take appropriate measure to ensure our physical health, we need to think about our mental health too! We should not give too much energy to things we cannot control, but focus on things we can control. All we can control is our OWN bodies, words, thoughts, attitudes, and responses. It can be hard to take a couple of moments for ourselves sometimes, but I challenge you to try!

Choose at least 2 different stress-relief/self-care activities! During these activities, pay attention on what you are doing instead of what you are thinking. If you catch yourself getting more stress, do something else! You can choose to share or not share what stress management techniques work best for you. If you want to share it with me, you can email me at morgan.jones@k12.nd.us!

Ideas for stress-relief/Self-Care Activities:

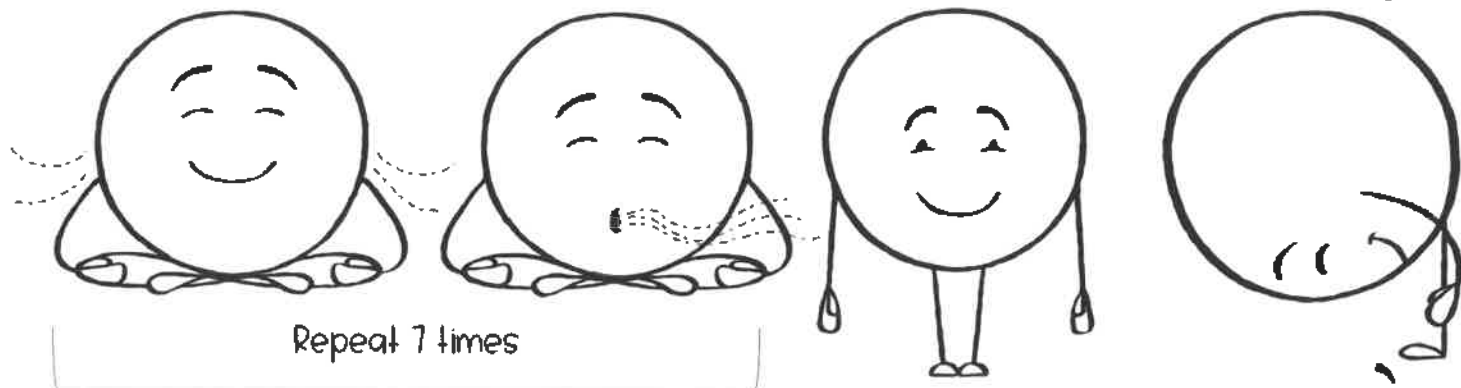
- Listening to music – Make a playlist of the songs that calm you down/ that lift you up!
- Create your own exercise routine- You can have a dance routine, yoga poses, weightlifting activities, cardio, sport skill training, or a mixture of everything!
- Write a joke book- create or find appropriate jokes, that make you and others laugh!
- Gratitude collage/ poster- focus on things and situations in your life that you are grateful.
- Journal about your day. How do you feel and why. If you are worried/anxious, write what you are worried/anxious about and once you are done, walk away or tear it up and throw it away!
- Positive self-talk cards- Write note cards that have positive statements about yourself (example: "I am important, I am smart"). Practice saying it to yourself in the mirror or out loud.
- Art/Drawing/Cooking/Baking project- paint/draw/color/create something that makes you feel calm and happy.
- Practice Mindfulness or Meditation (Belly breathe). Some available apps that are out there are Smiling Mind, Calm, Happy Color, or YouTube search calming music!
- Spend time talking with your family/friends.

If you need Crisis Resources (these are 24/7 resources): Call 211 for listening and support; Text 741-741 for crisis text hotline; suicide hotline 1-800-273-8255

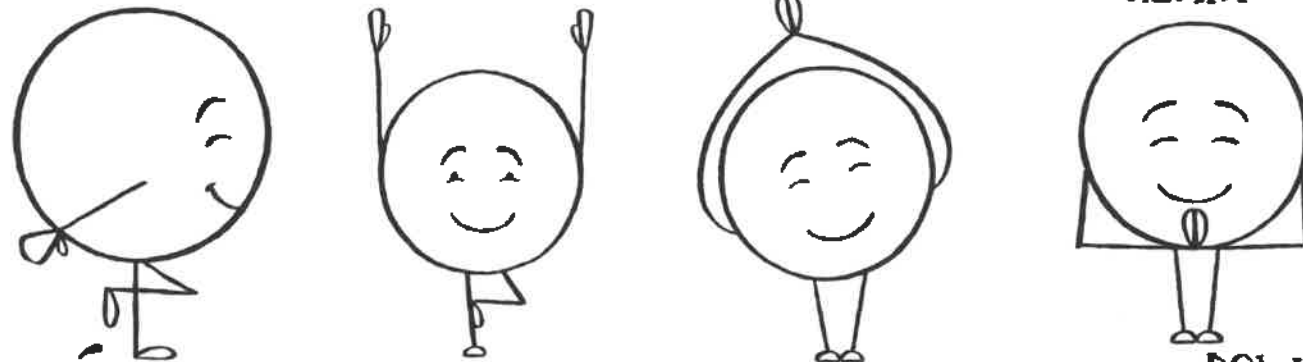


YOU ARE POWERFUL!

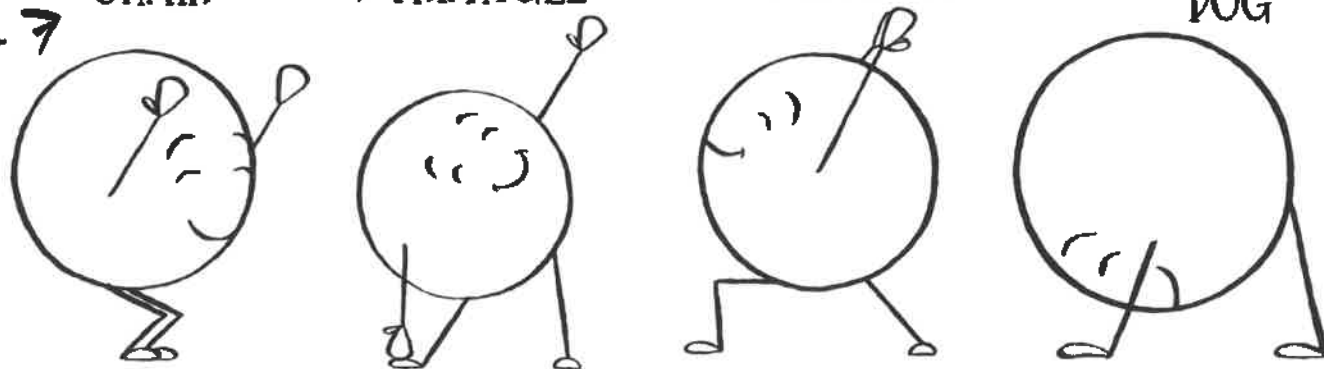
INHALE -----> EXHALE -----> MOUNTAIN -----> FOLD



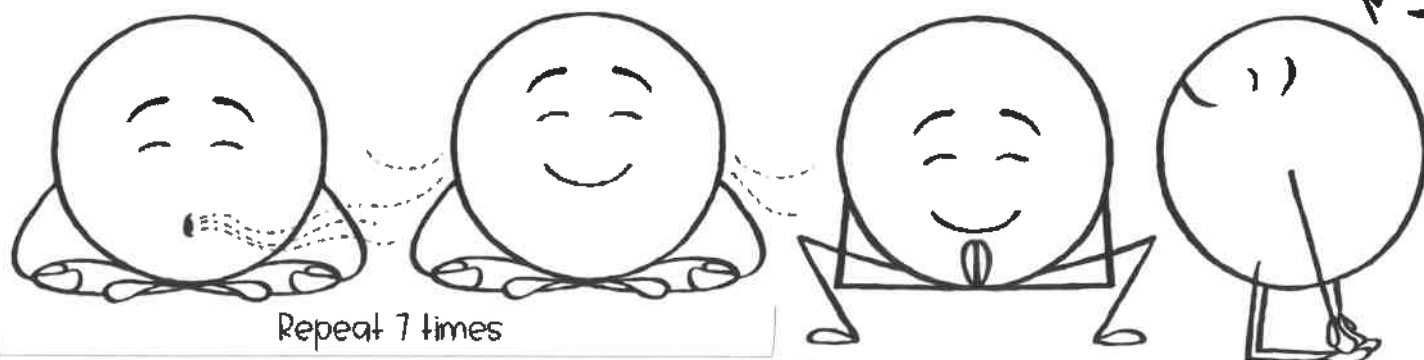
FLAMINGO <----- TREE <----- KITE <----- HANDS TO HEART



CHAIR -----> TRIANGLE -----> WARRIOR 1 -----> DOWNWARD DOG



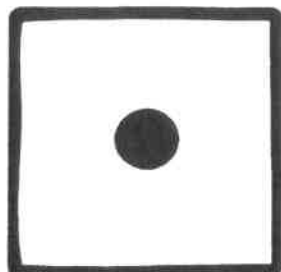
INHALE <----- EXHALE <----- FROG <----- CAMEL



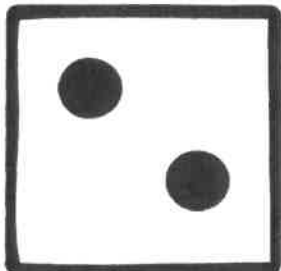
Or make
Your own!

WORK IT OUT!

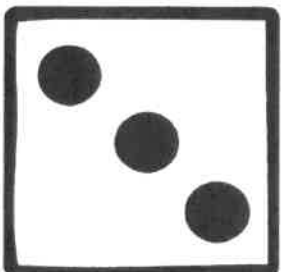
Roll the die and do the exercise listed below!



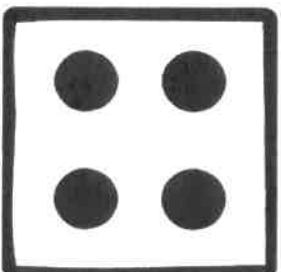
Jog in place for 30 seconds.



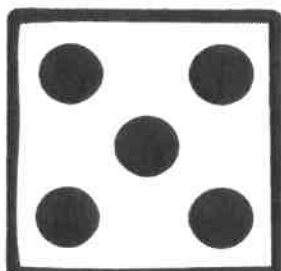
Do 45 calf raises.



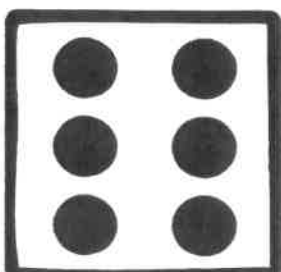
Do 25 toe touches.



Hop in place for 30 seconds.



Do high knees for 20 seconds.



Hop on your left foot for 15 seconds and your right foot for 15 seconds.