

Dealing with Stress

Right now, we are doing all we can to make sure everyone stays healthy! While we are focused on keep ourselves physically healthy, we also need to make sure we are mentally healthy 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, but I challenge you to try! These are just suggestions, and you can definitely do other things not on this list! Do what works best for you! ☺ – Ms. Jones

Belly breathing!

- You always have your breathing with you and can do this anywhere! You can choose your favorite way to belly breathe ("give me 5" hand breathing following your finger up and down your hand, breathing in when going up and breathing out when going down, balloon breathing, or favorite food breathing)
- A free app that might be helpful: Smiling Mind

Say positive things about yourself!

- Say positive statements to yourself! ("I am smart" "I am kind"). Grab a stress ball/ or stuffed animal to help you! Remember to say only nice things!!
- Ask for a friend or guardian to help! Even make a game out of it!

Draw/Color/ Create

- Draw your happy place or your favorite things
- Color in a coloring book
- Create an art project for someone you love
- A free that might be helpful: Happy Color

Exercise!

- Do your favorite method of exercise
- Can be push-ups, running, sports, or yoga
- A website that might be helpful: Go Noodle

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

WHAT CAN I DO IF I'M FEELING **worried?**

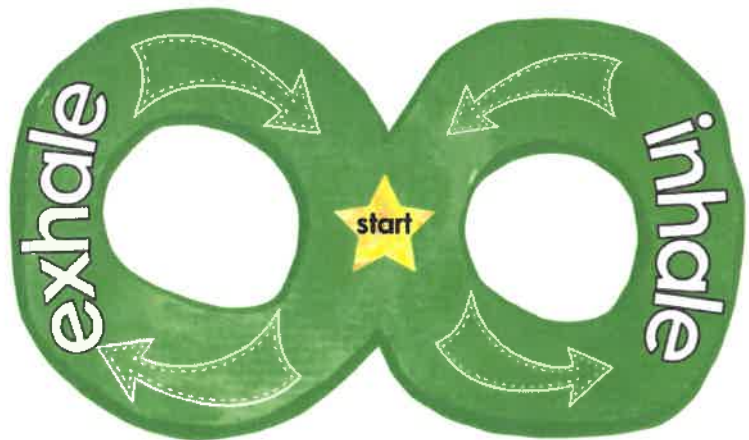
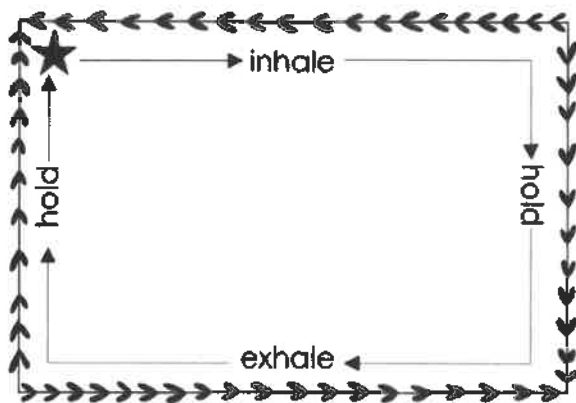


Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.

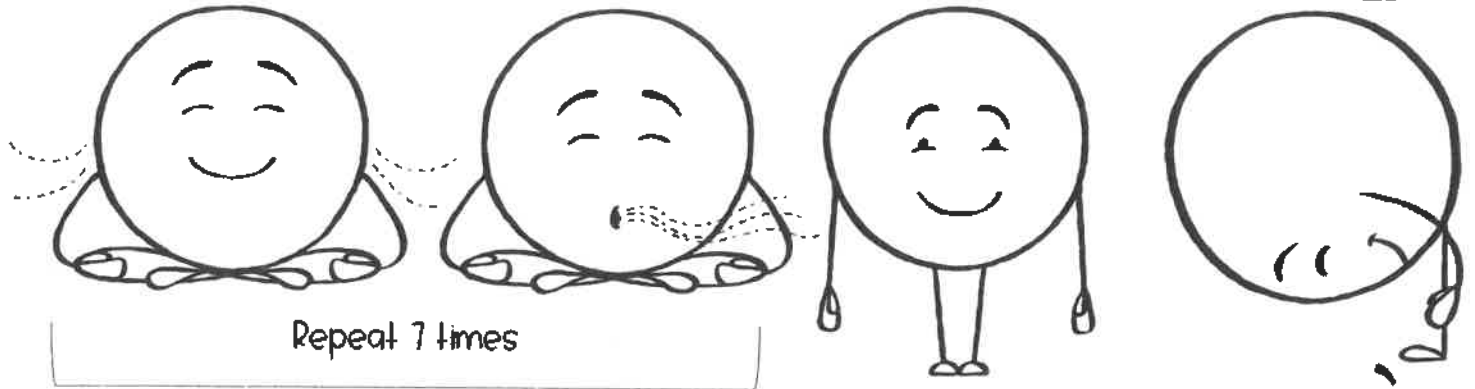


Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!

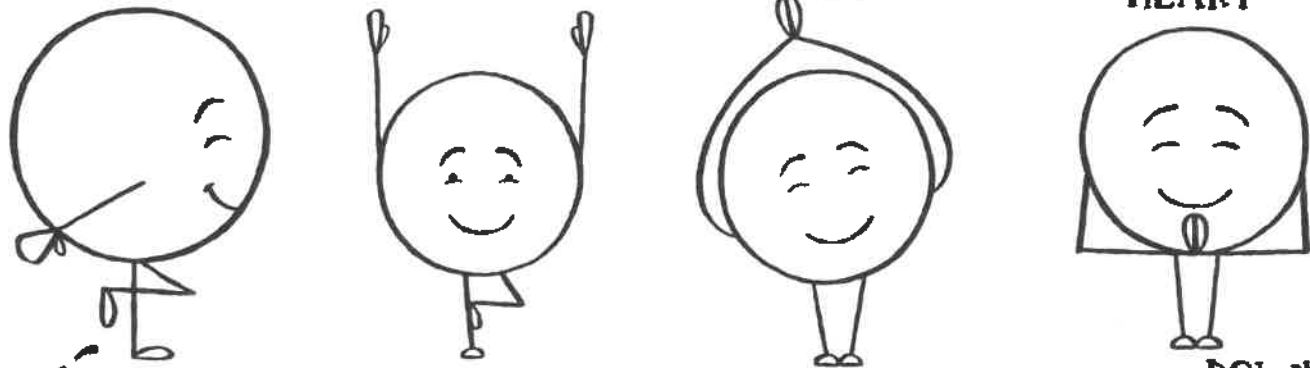


YOU ARE POWERFUL!

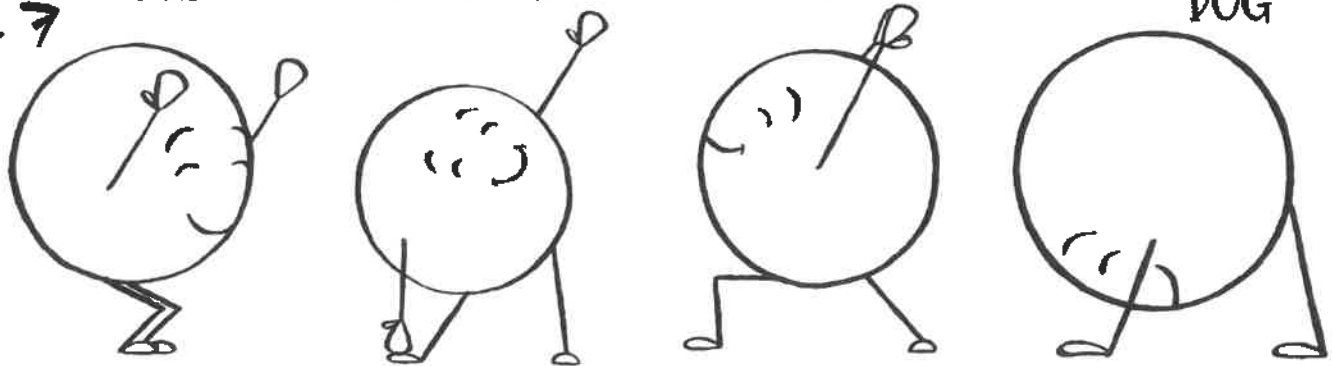
INHALE -----> EXHALE -----> MOUNTAIN -----> FOLD



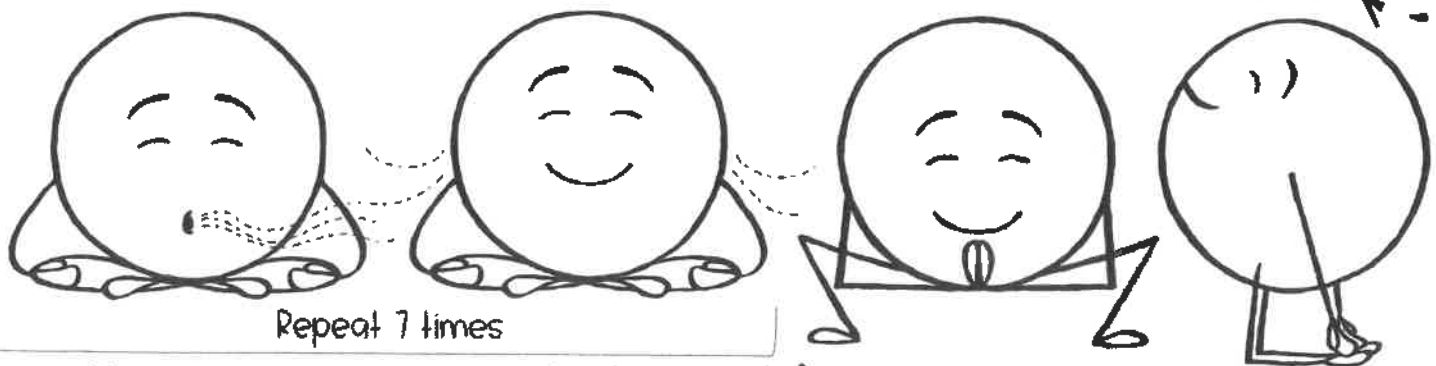
FLAMINGO <----- TREE <----- KITE <----- HANDS TO HEART



CHAIR <-----> TRIANGLE <-----> WARRIOR I <-----> DOWNWARD DOG



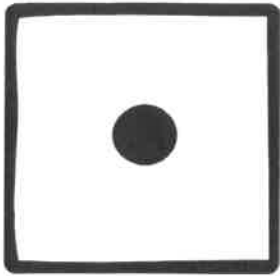
INHALE <----- EXHALE <----- FROG <----- CAMEL



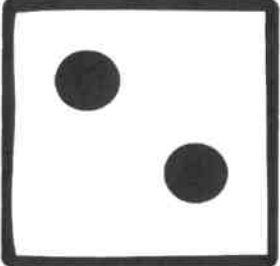
Or make
your own!

WORK IT OUT!

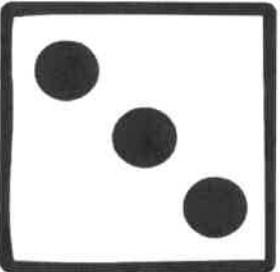
Roll the die and do the exercise listed below!



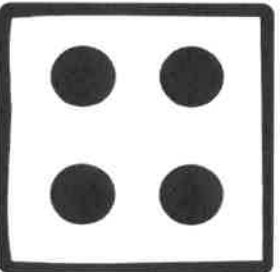
Jog in place for 30 seconds.



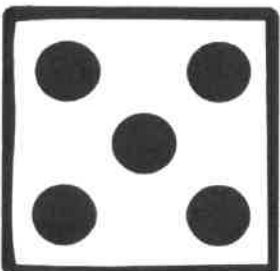
Do 45 calf raises.



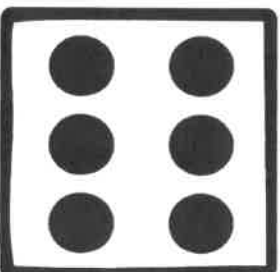
Do 25 toe touches.



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.