

Stressed? Try this!

20 Stress Management Tips

During the week, try these stress management tips. They can help you take a break from your stress, solve your problems, and help you feel better.

HAVE YOU...

- Slept for 8 hours?
- Said "No" to a request so you could have time for yourself?
- Made a to-do list?
- Found something that made you laugh when you were upset?
- Tried deep breathing?
- Asked for help?
- Talked to someone about what's bothering you?
- Said a positive affirmation to yourself?
- Taken a 15-minute power nap?
- Done something creative?
- Spent time with a trusted person?
- Enjoyed a healthy snack?
- Listened to music to relax?
- Spent 10-15 minutes doing a high energy workout?
- Gone outside? Close your eyes and listen to the outdoors.
- Thought of 3 things that you're grateful for?
- Spent time with a pet?
- Spent time coloring?
- Baked something to enjoy?
- Gone outdoors to walk, bike, run, skate, or scoot?

Anxiety Grounding Techniques

*Focus on your breathing,
then identify:*



5 things you can SEE



4 things you can TOUCH



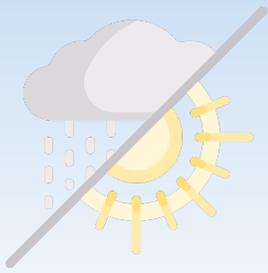
3 things you can HEAR



2 things you can SMELL



1 thing you can TASTE



Gentle Reminders:

for when the World Feels Frightening

FOR Adults + Teens



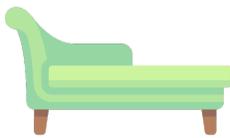
Set boundaries with what + how much media you consume.



Be mindful of when it's becoming more than just "being informed."



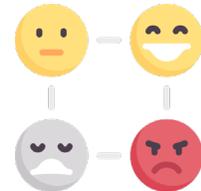
Allow extra time for daily stress relief.



Practice self-care.



Try to respond to the fears of others with understanding + respect.



You are allowed to opt-out of overwhelming discussions.



Breathe, connect, + take gentle care of yourself + others.



Focus on the many things you can control.

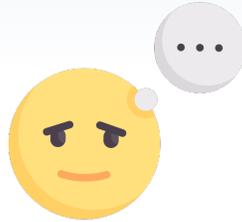


Gentle Reminders:

for when the World Feels Frightening
FOR YOUR KIDS!



Reassure them that they are safe.



Let them talk about their worries.



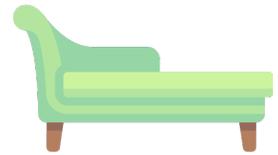
Share your own coping skills.



Limit their news exposure.



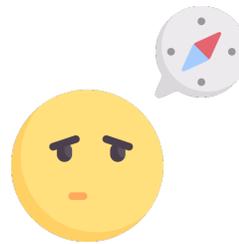
Create a routine and structure.



Practice self-care together.



Focus on some new relaxation techniques.



Guide them to a daily self-care routine.

MIND SHIFT for Parents + Teachers

My child is missing out on things.



They are safe at home and spending time with family.

I will get sick.



I will stay home and wash my hands which will significantly decrease my chances of getting sick.

I will run out of supplies during this time.



I will use my supplies wisely so I am prepared. I have everything I need for now.

Everything is shutting down, and I'm panicking.



The most important places are remaining open: medical centers, pharmacies, and grocery stores.

There is so much uncertainty right now.



While I can't control the situation around me, I can control my actions. I can call loved ones, take deep breaths, exercise, eat healthy food, and get enough sleep.

My child's end-of-year activities are getting canceled.



Let's revel in what the future holds and find ways to celebrate at home.

How do I balance my kids at home and working from home?!



We will figure out a plan for each of us to succeed.

MIND SHIFT *for Students*

I'm stuck at home.



I get to be safe at home and spend time with my family.

I will get sick.



I will stay home and wash my hands which will significantly decrease my chances of getting sick.

I will run out of supplies during this time.



I will use my supplies wisely so I am prepared. I have everything I need for now.

Everything is shutting down. I'm panicking.



The most important places are remaining open: medical centers, pharmacies, and grocery stores.

There is so much uncertainty right now.



While I can't control the situation around me, I can control my actions. I can call loved ones, take deep breaths, exercise, eat healthy food, and get enough sleep.

There is no point in finishing the school year.



I have no control over what is happening to me now, so I'm choosing to focus on my future and planning my first apartment/dorm room.

SELF AFFIRMATIONS

 *for everyday*

I am unique & I
am different in
my own
Beautiful way.

I am excited
for the person
I am becoming.

I FORGIVE MYSELF
for all the
mistakes that I
have made.

I am
PROUD of
myself!

I will surround
myself with
people who
bring out the best
in me.

I will **NOT**
compare myself
to others best
online life.

I FORGIVE
everyone who
has ever hurt
me to be free.

I forgive myself
for any mistake
I have made.

I WILL NOT
SWEAT THE
SMALL STUFF.

I am in
charge of
how I feel
today.

It's okay
to ask for
HELP.

I have the
power to *create*
the life that
I desire.

I ACCEPT & *love myself.* **JUST THE WAY I AM!**