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?
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 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 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 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.
<table>
<thead>
<tr>
<th>My child is missing out on things.</th>
<th>They are safe at home and spending time with family.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will get sick.</td>
<td>I will stay home and wash my hands which will significantly decrease my chances of getting sick.</td>
</tr>
<tr>
<td>I will run out of supplies during this time.</td>
<td>I will use my supplies wisely so I am prepared. I have everything I need for now.</td>
</tr>
<tr>
<td>Everything is shutting down, and I'm panicking.</td>
<td>The most important places are remaining open: medical centers, pharmacies, and grocery stores.</td>
</tr>
<tr>
<td>There is so much uncertainty right now.</td>
<td>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.</td>
</tr>
<tr>
<td>My child’s end-of-year activities are getting canceled.</td>
<td>Let's revel in what the future holds and find ways to celebrate at home.</td>
</tr>
<tr>
<td>How do I balance my kids at home and working from home?!</td>
<td>We will figure out a plan for each of us to succeed.</td>
</tr>
</tbody>
</table>
### Mind Shift for Students

<table>
<thead>
<tr>
<th>I'm stuck at home.</th>
<th>I get to be safe at home and spend time with my family.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will get sick.</td>
<td>I will stay home and wash my hands which will significantly decrease my chances of getting sick.</td>
</tr>
<tr>
<td>I will run out of supplies during this time.</td>
<td>I will use my supplies wisely so I am prepared. I have everything I need for now.</td>
</tr>
<tr>
<td>Everything is shutting down. I'm panicking.</td>
<td>The most important places are remaining open: medical centers, pharmacies, and grocery stores.</td>
</tr>
<tr>
<td>There is so much uncertainty right now.</td>
<td>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.</td>
</tr>
<tr>
<td>There is no point in finishing the school year.</td>
<td>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.</td>
</tr>
<tr>
<td>I am unique &amp; I am different in my own Beautiful way.</td>
<td>I am excited for the person I am becoming.</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>I am PROUD of myself!</td>
<td>I will surround myself with people who bring out the best in me.</td>
</tr>
<tr>
<td>I FORGIVE everyone who has ever hurt me to be free.</td>
<td>I forgive myself for any mistake I have made.</td>
</tr>
<tr>
<td>I am in charge of how I feel today.</td>
<td>It’s okay to ask for HELP.</td>
</tr>
</tbody>
</table>

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