

Stress Management

ESPECIALLY DURING THESE TIMES, STRESS
MANAGEMENT HAS MANY BENEFITS:

- ▶IMPROVEMENT IN MOODS AND FEELINGS
- ▶INCREASE IN MEMORY AND FOCUS
- ▶IMPROVED HEALTH AND QUALITY OF LIFE
- ▶ENHANCES SELF-ESTEEM AND SENSE OF HOPE
- ▶LESS LIKELIHOOD OF EXPERIENCING HIGH LEVELS OF STRESS, ANXIETY AND DEPRESSION

Talking about stress with your family

At times we may not be aware that we are stressed. Here are some things to pay attention to.

Emotional changes such as sadness, anger and fear

Behavioral changes like losing temper or crying

Physical symptoms such as headaches, stomachaches, vomiting or insomnia

Changes in interactions with others; for example, withdrawing from social situations, being teased or teasing others, extreme sadness or anger

Stress Management is a team effort!!

- ▶ Let's be honest, we all experience stress. You are not alone!
- ▶ In order to take care of your children you must take care of yourself and be aware of your stress level and work to manage it.
- ▶ Create a supportive environment for your children to relax, de-stress and express themselves
- ▶ Have a conversation with your children about the healthy ways you de-stress
- ▶ Ask your children which activities bring them joy and be aware of those that bring anxiety or negative emotions
- ▶ Be sure your family has 'downtime' together, when you can talk and de-stress together

Ways to de-stress as a family



Exercising – Just 30 minutes of running or walking a day can make a big difference



Outdoors – Enjoying the outdoors, getting fresh air and sunlight helps alleviate stress and anxiety



Gardening – Fun family activity! Start a small container garden if you're tight on space. Growing plants in pots or using water jug to grow



Art – Family art project such as a scrapbook, collage, or family tree. Painting is also a great way to relax and focus.



Reading – Spending time reading such as books, magazines, visiting library



Spending time going through photo albums. Discuss the events and people in the pictures. Teach your children about their family history.



Games – Play a board game, jigsaw puzzle or card game



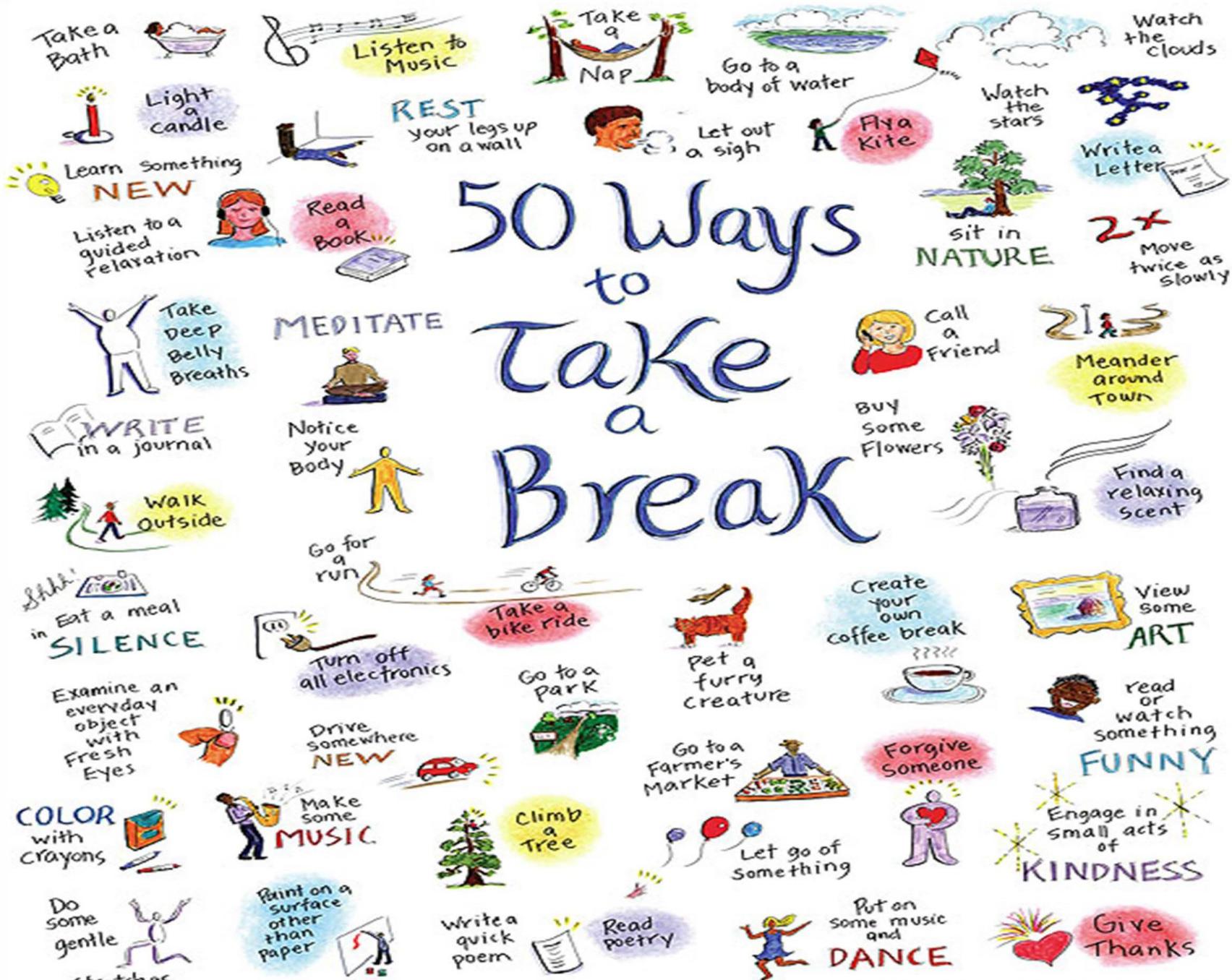
Movies - Pop some popcorn, grab a blanket, get comfy and put in a movie. Take turns picking a movie with siblings



Bake. Pull out a box of cake mix and mix up a batch of cupcakes



Play with pets. Our furry friends are great companions to help de-stress



Sometimes finding the time to take a break can seem difficult as we can get busy. Giving yourself at least five to ten minutes to take a break is helpful.

Stress Management Ideas

- ▶ Keep a positive attitude
- ▶ Accept that there are things that you cannot control
- ▶ Communicate with family and loved ones – express your feelings and opinions
- ▶ Exercise regularly. Your body can fight stress better when it is healthy
- ▶ Eat healthy, well-balanced meals
- ▶ Learn to manage your time more effectively
- ▶ Learn and practice relaxation techniques; try medication, breathing breaks, yoga and stretching

Some other Ideas for Stress Management

- ▶ Learn to say no to requests that would create excessive stress in your life
- ▶ Make time for hobbies, interests and relaxation
- ▶ Get enough rest and sleep. Your body needs time to recover
- ▶ Spend time with those you enjoy to be around
- ▶ Going outside to dance, run or move around
- ▶ Expressing self through talking, art or music –
Provide your child with drawing supplies and sit with them and talk while they draw