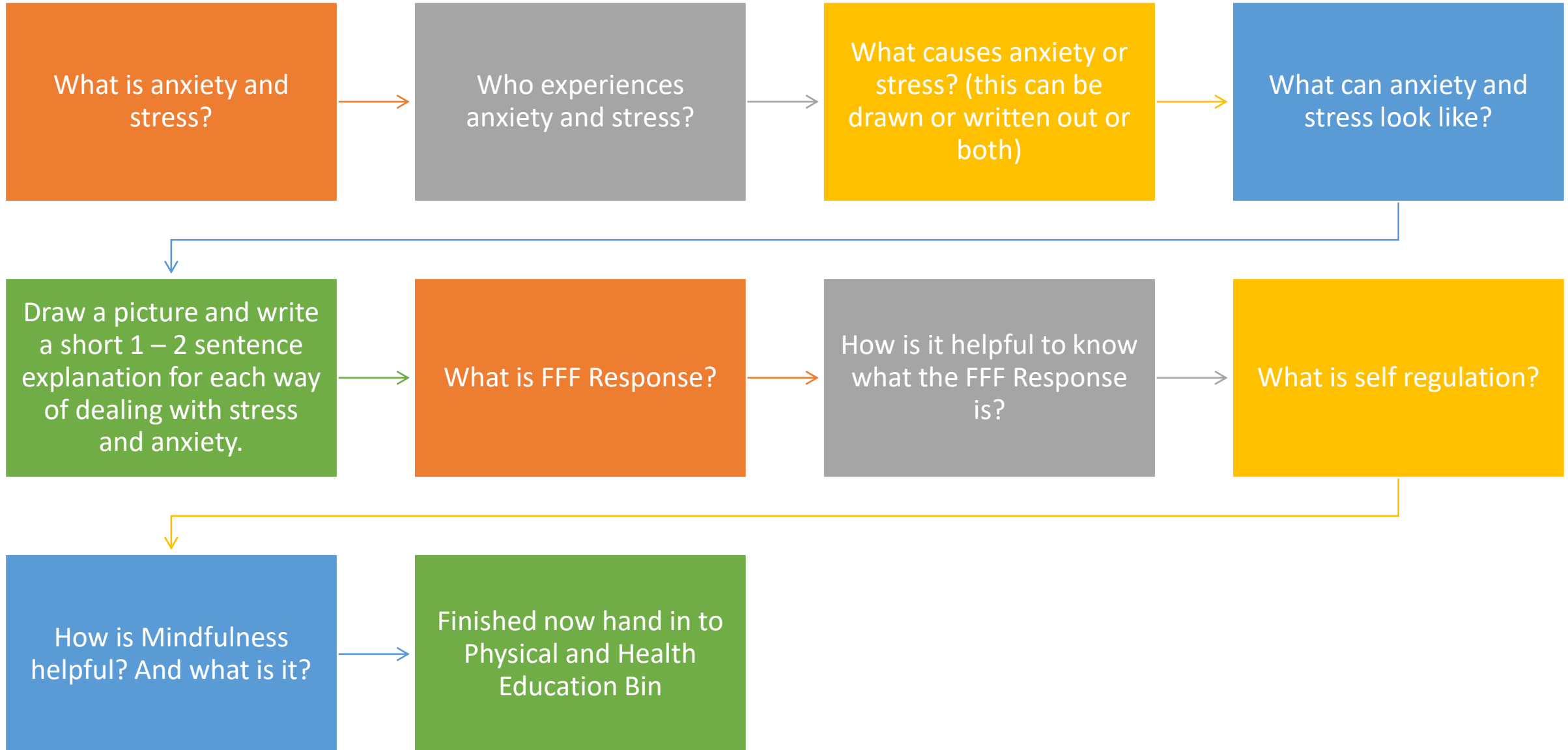




How to Manage Stress and Anxiety

Assignment must include the following:





Put things in your
own words

What is Anxiety



Anxiety is a feeling that is connected to thoughts, behaviors, and sensations in our bodies.



People typically feel anxiety when they are in a situation that they may feel scared or uncomfortable.

6 ways of dealing with stress or anxiety



GET ENOUGH
SLEEP



GET MUSICAL



LAUGH



ASK FOR
HELP



RELAX



STAY ACTIVE



FFF
Response
websites to
help

- <https://www.anxietycanada.com/articles/fight-flight-freeze/>
- <https://www.youtube.com/watch?v=jEHwB1PG-Q>
- <https://www.youtube.com/watch?v=3bKuoH8CkFc>

Self Regulation



Self-regulation is the ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results such as well-being, loving relationships, and learning.



What are ways you think you can monitor and regulate your energy levels?

Self-regulation strategies

- https://twitter.com/mrmarconi_mcps/status/1206311654830542851

Self-regulation coping strategies Students can use at school

The infographic is a grid of 30 small illustrations, each with a text box describing a strategy. The strategies are: 1. BREATHE: As I focus my attention on my breathing, I will take extra long out-breaths. 2. Squeeze a stress ball or use another teacher approved fidget gadget. 3. Think of or write a list of three positive things in my life. 4. Tell my teacher I would like to help or take on a classroom responsibility. 5. Roll my neck and shoulders. 6. Ask to deliver books to the library or another class. 7. Imagine a peaceful & calming place. 8. Ask my teacher for help if I feel upset or overwhelmed. 9. Count to 10, and back in coordination with my breath. 10. Squeeze my fists together as hard as I can... hold... then relax my hands. 11. Push against the wall as hard as I can & then relax my body. 12. Use I-statements to express how I am feeling, what I need, or what I hope for. 13. Listen to calming music with headphones. 14. Push my palms together. 15. Write down my thoughts or questions if my teacher can't address them right away. 16. Doodle, draw or colour. 17. Think of at least three things I am grateful for. 18. Tell my teacher I need help with the task or lesson. 19. Move away from the distraction or person who is bothering me. 20. Focus in on my senses, noticing: Five things I see, Four things I feel, Three things I hear, Two things I smell & One thing I taste. 21. Volunteer to help clean or organise the classroom. 22. Drink water. 23. Ask to work with a friend. 24. Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes. 25. Ask permission to take a short walk down the hallway or up & down the stairs. And then return. 26. Tell myself a positive affirmation or mantra. Repeat. 27. Go outside during break time and notice the sky, trees & sounds from nature. 28. Talk with my school counsellor/pastoral support. 29. Slowly trace my hand with my finger, breathing in as I trace my fingers going up... breathing out as I trace my fingers going down. 30. Remind myself it's ok to make a mistake. 31. Do an act of kindness. 32. Help a classmate or my teacher. 33. Press my arms in.

When I feel upset, sad, or unfocused at school I can:

Kids Inspire
Reclaiming Lives, Rebuilding Futures

Mindfulness

What Is Mindfulness?

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

<https://kidshealth.org/en/kids/mindfulness.html>

What is a pamphlet?

- a small booklet or leaflet containing information or arguments about a single subject.

