

# STRESS REDUCTION STRATEGIES

## 1. IDENTIFY AND THEN ADDRESS THE PROBLEM:

- Make a realistic assessment of the problem size.
- Break it into manageable steps.

## 2. AVOID STRESS WHEN POSSIBLE:

- Pay attention to what your body is telling you, take a break when needed.
- Focus on the people, places, and things that lift you up, not the ones that bring you down.

## 3. LET SOME THINGS GO:

- Not every problem is worth tackling.
- Conserve your energy for the things you can change.

## 4. CONTRIBUTE SOMETHING POSITIVE:

- Never underestimate the power of small contributions: a smile, a kind word, or a helping hand goes a long way.
- Giving and getting feels good. Model the ability of accepting help without shame.
- Giving helps gain perspective on our own situations.

## 5. POWER OF EXERCISE:

- A healthy body can better withstand stress.
- Exercise can transform your mood.
- Listen to your body; recognize your stress responses. This will help you learn better ways to cope.

## 6. ACTIVE RELAXATION:

- Practice transforming your body into relaxed states with the use of guided meditation, mindfulness, visualization, breathing, yoga, or aromatherapy.
- Take an Instant Vacation: stop, disengage. Come back to it later.

## 7. EAT WELL:

- Remember to provide your body with a steady supply of energy through healthy eating.
- Good nutrition builds brain power to tackle challenging problems.

## **8. SLEEP WELL:**

- Everyone needs a minimum of 7 hours of sleep to function physically and emotionally.
- Reduce sleep challenges with consistent routines: set bed time, relaxation, visualization, no screens, etc.

## **9. USE GRATITUDE:**

- Take the time to remind yourself of what you have instead of what you don't have.
- Create a daily practice of gratitude.

## **10. RELEASE EMOTIONAL TENSION:**

- Find ways to release emotional tension:
  - Creativity - journaling, drawing, listening to or making music, etc.
  - Talking with trusted adults or friends.
  - Crying
  - Laughter
- Making lists - both kids and adults - breaking tasks down, listing thoughts/ideas.
- Talk to a mental health professional when stress is interfering with your ability to function.

Is a public awareness and education campaign to build resilient youth in Addison County. Data from schools and organizations serving kids show low levels of resiliency among youth and a feeling of being undervalued in their communities. Counseling Services of Addison County, Addison County Parent Child Center, Building Bright Futures, the Vermont Department of Health, Vermont Department of Children and Families, all 3 school districts and many other groups and individuals are joining together and stepping up to change that. We believe that thriving communities and healthy families grow resilient kids.