

National Stress Awareness Month

April 2020



Adult Wellness

Stress experienced by staff and parents can trickle down to children, here are some stress management tips for adults!

- **Exercise:** one of the most important things that can help combat stress.
- **Reduce Caffeine Intake:** caffeine is a stimulant that can increase stress and anxiety levels.
- **Write it Down:** keeping a journal can help reduce feelings of stress.
- **Spend Time with Loved Ones:** social support can be a great way to reduce stress.
- **Learn to Say No:** being able to take control of the parts of life you can change can be very beneficial.
- **Take Supplements:** some supplements like Omega-3 fatty acids and Green Tea have been proven to reduce stress levels.
- **Laugh:** laughter can relieve your stress response and relieve tension in your muscles!
- **Practice Mindfulness:** practices like meditation and yoga have proven effective to lower stress and anxiety.

Student Wellness

With expectations to do well in school and in after school activities, while maintaining positive relationships students are definitely feeling the pressure! Here are some ways to support youth stress management:

- **Encourage a full night sleep:** sleep is essential for a child's physical and emotional well-being. Experts recommend 9-12 hours of sleep for those age six to twelve and 8-10 hours for those over the age of twelve.
- **Exercise:** just as for adults, exercise is critical in stress management. The U.S. Department of Health recommends at least 60 minutes per day.
- **Talk it Out:** having a trusted adult to talk to about problems is very beneficial to youth mental health.
- **Get Outside:** getting some fresh air for a generation who has found comfort in front of a screen could instantly boost mood and reduce stress.
- **Teach Mindfulness:** teaching a child to breath properly and meditate can help them cope with stress.
- **Make Time for Fun & Quiet:** just like adults, youth need time for brain breaks and unconstructed play time to maintain stress levels.



If a you or a student you know is struggling with stress and mental health there are free resources available. The [National Institute of Mental Health](#) is a great resource for education and materials. If someone is in crisis the Suicide Prevention Hotline can be accessed 24/7 at 1-800-273-8255 or text HOME to 741741 for the Crisis Text Line.

Stress Relief During COVID19

Outbreaks Can Be Stressful

The Coronavirus Outbreak of 2019 may be stressful for people. Fear and anxiety of the disease is normal, especially with the amount of uncertainty that has come along with it. It is important to be able to identify the signs of stress in you or a loved one during this time, the signs include

- fear or worry about your own health or the health of a loved one
- Changes in sleep or eating patterns
- Worsening of chronic health problems
- Worsening of mental health illness
- Increase alcohol, tobacco, or other drug use.

Everyone reacts differently to stressful situations

How you or loved ones may respond during this outbreak can depend on your background, the things that make you different from other people, and the community you live in. People who may be undergoing the most stress right now are:

- Older people and those at a higher risk to severe illness from COVID19
- Children and teens
- People who are on the front lines, like doctors, nurses, and first responders
- People with mental health conditions or with a substance use disorder

Ways to support children and teens through this time

- Take time to talk with children or teens about the outbreak using factual information
- Answer questions and share facts in a way children and teens understand
- Reassure them! Let them know they are safe and share coping skills you use to reduce stress
- Limit family exposure to news coverage, it may be difficult to control what a teen is viewing on their smart phone, but limit the news on the family TV.
- Try and keep a regular routine.
- Be a role model! Use the tips and tricks provided in this article to show children and teens how you cope with stress so that they can too!

For more information regarding the COVID19 outbreak, how to manage stress during this time, and resources available please visit : <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Four Free Phone Apps for Stress Management:

1. **Stop, Breath, & Think**– allows for quick moments of breathing
2. **Calm**– designed to help the user remain calm,
3. **Headspace**– a comprehensive meditation app.
4. **MindShift**— designed specifically to help teens and young adults manage stress and anxiety.