10 Part Stress Reduction Plan

Fluid + Individualized + Parents Modeling + Connection

1. Identify and then Address the Problem:
   a. Make a realistic assessment of the problem size.
   b. Break it into manageable steps.

2. Avoid Stress when Possible:
   a. Pay attention to what your body is telling you.
   b. Think about people, places, and things that bring you down and learn how to avoid these stressors. Also think about what lifts you up and do that instead.

3. Let Some Things Go:
   a. Not every problem is worth attacking.
   b. Conserve energy for the things we can change.

4. Contribute to the World:
   a. Learn that it feels good to give and through this one will learn to seek help from others with no shame.
   b. Giving helps us gain perspective on our own situation.

5. Power of Exercise:
   a. Makes body better able to withstand stress.
   b. Transforms moods.
   c. When young people learn to listen to their bodies and read their stress responses they are able to cope better.

6. Active Relaxation:
   a. Transforming your body in to a relaxed state including, guided meditation, mindfulness, visualization, breathing, yoga, aromatherapy, etc.

7. Eat Well:
   a. Teach that we all need steady supply of energy through healthy eating.
   b. Model good nutrition.
   c. Cooking healthy meals can be a bonding time as well.

8. Sleep Well:
   a. Don’t underestimate the power of a good night’s sleep!
   b. Any activity other than sleeping in bed increases problems...No screens in bed!!
   c. Reduce sleep challenges with consistent routines: set bed time, relaxation, visualization, etc.

9. Take Instant Vacations:
   a. Find healthy ways to disengage from whatever brings you stress.
10. Release Emotional Tension:
   a. 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.