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

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.

Let Some Things Go:
• Not every problem is worth tackling.
• Conserve your energy for the things you can change.

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.

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.

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.
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.

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.

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.

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.