

# HANDY 'TOP TIPS'

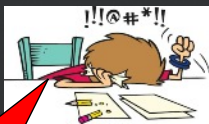
## THOUGHTS FOR THE WEEK!

### DOING WHAT WE CAN – STRESS RELIEF

Stress is a common condition that can have serious adverse effects on our quality of life and health. It occurs when we feel that we are experiencing too much pressure that we feel unable to cope with. Stress occurs every day and is a normal part of human functioning - it can have some benefits such as increasing motivation but it can also cause us harm. Knowing how to deal with stress when it comes is a really important tool for us as adults and our children.

Reducing our levels of stress has so many ranging benefits for our whole selves. Reducing stress can increase our productivity at work and reduces the time people take off. When we are stressed it consumes our energy and nutrients that are otherwise used to protect our bodies. Reducing stress can improve our sleep and reduces irritability, anxiety and depression. Our relationships with our family, partner and co-workers can dramatically improve by reducing our stress levels too.

Our children can also experience a great deal of stress, this is maybe linked to friendships, expectations, changing routines, isolation, negative thinking, loss etc... Here are some useful things that your child can do to help reduced their stress:



#### Ways to manage our stress levels:

- Maintain a healthy diet
- Get plenty of exercise
  - Relax
- Think realistically about the causes of stress
  - Be organised and set realistic goals
- Talk to someone or spend time with someone you like
  - Change your attitude (flip your thinking)



- Calm breathing exercises
- Visualisation techniques
- Body tightening exercises
- To be fully present in the moment
- Change location/surroundings
- Use a stress ball/fidget toy
- Give a 10 second hug to boost their mood
- Colour, draw, write, craft etc...
- Practice positive self-talk
- Exercise
- Go outside
- Play
- Hydrate with water

#### THIS WEEK'S FAMILY CHALLENGE

Make a 'Distress Bingo' board, Divide a piece of paper into squares and in each square write or draw something that might be helpful to you when you are feeling stressed and put it up somewhere where it can be seen. When you feel stressed choose one of the suggestions to do and tick it off. Who will be the person who finishes the line or gets a full house?!