

Stress Busters

Some stress is good, provided you don't chronically get more than you can handle. Remind yourself to try these exercises to handle stress that is part of your busy and productive life.

Stress Journal: Writing about your experiences with stressful events can be a helpful process. Journal to record and reflect on your daily life events. Include how you felt, your thoughts or actions taken, or just vent about what happened. Over time you may identify trends and create new solutions.

Playtime: List two fun things kids do and then go *do* them. Ideas include blowing bubbles, using a hula-hoop, making faces into a mirror, playing a game, singing, etc.

Laugh. Just laugh out loud or do something that will make you laugh such as reading or watching something funny.

Self-Talk. Replace negative mental responses to stress such as "I can't cope" with positive ones such as "Everything is going to work out" or "I know I can do it."

Deep Breathing. Inhale deeply, feeling your stomach expand. Hold your breath for a few seconds, then slowly exhale, visualizing tension leaving your body.

