

EQ in in your PJs

Social Emotional Learning (SEL) Online with R. Keeth Matheny

MANAGE STRESS BEFORE IT MANAGES YOU Part 3: Stress Management Strategies

Stress Management Strategies

Strategy:



Time Out

Why It Works:

Gives you a chance to cool down away from the pressure of the situation

Why It Works:

Releases natural chemicals that help you let go of tension and feel better

Strategy:



Walk It Out

Strategy:



Talk It Out

Why It Works:

Helps you understand the source of your stress and connect with others

Why It Works:

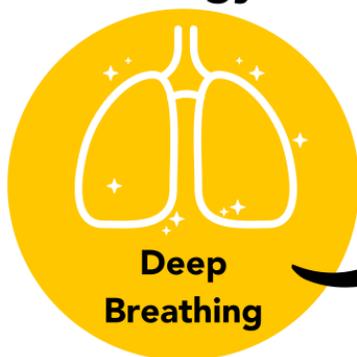
Helps you get some distance, think things through and review your progress

Strategy:



Write It Out

Strategy:



Deep Breathing

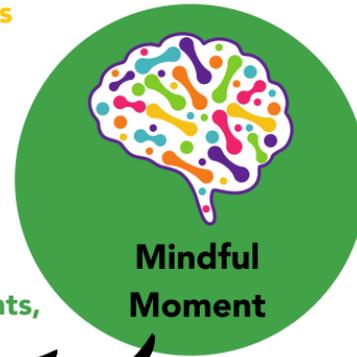
Why It Works:

Moves your focus from your stress to your breath, helps you release tension, and gets more oxygen to your brain for clearer thinking

Why It Works:

Helps let go of unwanted thoughts, decreases your pulse rate, and changes your focus.

Strategy:



Mindful Moment

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MANAGE STRESS BEFORE IT MANAGES YOU Part 3: Stress Management Strategies, cont'd

How does stress affect you, personally?

Review the infographic on the previous page. List six things that can stress you out then draw a line to match the stressor with a stress management strategy you think would work best for you. You can choose the same strategy more than once.

PERCEIVED STRESSORS:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

STRATEGIES:

- a) Time Out
- b) Walk It Out
- c) Talk It Out
- d) Write It Out
- e) Deep Breathing
- f) Mindful Moment

ACTIONS: "Social distancing" during Coronavirus school closures can impact your routine and regular de-stressers in your life like talking to friends, exercising, and being outside. Social isolation can lead to low energy levels and decreased optimism. How can you add exercise, fresh air, social interactions (online or in person), and/or mindful moments to your current stay-at-home routine? List at least three de-stress strategies you'll try in the next few days:

| What will you do to de-stress? | Where?/How? | When? |
|--------------------------------|-------------|-------|
| 1) | | |
| 2) | | |
| 3) | | |

REFLECTION: After you do your de-stress strategies, reflect on the experience. How did it affect your thoughts and emotions?

PASSWORD to EQ in your PJs Video 4: Talking it out helps you _____ with others.
[all small letters, no caps]