

# 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.

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## 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.

