Individual Wellness

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Mindfulness Activity

What is Stress?

- Stress is what you feel when you are worried or uncomfortable about something.
- Stress can cause you to feel:
  - Angry
  - Frustrated
  - Scared
  - Sick
  - Tired

What Causes Stress?

- There is good stress and bad stress

- Bad stress is when the feelings last over time

- Too many things going on

Is Stress Common?

- Teens reported a stress level of 5.8 out of 10 during the school year

- Teens reported a stress level of 4.6 out of 10 during the summer

- 31% reported feeling overwhelmed

- 25% reported skipping a meal due to stress

American Psychological Association

It's All About Balance

- Keep your<u>SELF</u>in mind
  - ○ **S**leep
  - ○ **E**xercise
  - ○ **L**eisure
  - ○ **F**ood

Self Care In School

- Take a break

- Put yourself first

- Use lunchtime to your advantage

- Find things you enjoy

- Get involved

- Build a culture of communication

- Set reasonable expectations of yourself and others

Self Care Outside of School

- Sleep

- Take a step back from work

- Set limits on your screen time

- Find a passion

- Get outside

- Nourish your body

- Nurture positive relationships

- Make a plan

Self Care During the Holidays

- You're on break. Enjoy it!

- Make time for friends you haven't been able to spend time with

- Put the phone down and enjoy the moment

- Be present with family

- Go slow and don't be afraid to say no

- Take mini timeouts

- Give back

- Light up the tree!

Resources

- **Relax Melodies:** Soothing ambient audio

- **Headspace**: Meditation and mindfulness

- **Breathe2Relax**: Guided breathing patterns

- **Calm**: Sleep, meditation and relaxation resources

- **Stop, breathe, and think** : Daily mindfulness

- **Colorfy** : Adult coloring book