

MANAGING STRESS

Common Signs of Stress Can Include:

- Excessive worry or sadness to include racing thoughts
- Unhealthy eating or sleeping habits
- Irritability or "acting out" behavior
- Difficulty with attention or concentration including forgetfulness

THINGS YOU CAN DO



Eat healthy
Take a walk, jog or work out at home
Maintain good sleep habits



Routines!
Plan out your day and post a schedule
Include fun family activities!



Practice relaxation and mindfulness
Let light in, sunlight can boost your mood!

HOME RESOURCES

Mental Health of America: <http://mhanational.org/covid19>

Second Step: www.secondstep.org/covid19support

Common Sense Media: www.commonsense.org/education/top-picks

Mindful Schools: FREE mindful classes 3 days per week!
www.mindfulschools.org/free-online-mindful-classes-for-kids

