

High School
Health and Wellness Enrichment
Week of 5-11 through 5-15

BHS (Grades 9-12)

5 Ways to Deal with Anxiety: Everyone has feelings of anxiety, nervousness, tension, and stress from time to time. Click on “Listen” to learn about 5 ways to help manage them.

Note: If you have trouble with the “play/Listen” button, you can have the entire article read to you by pressing the mp3 button, just to the right of the “stop” button.

<https://kidshealth.org/en/teens/anxiety-tips.html?WT.ac=ctg#catemotions>

5 Ways to Prevent Stress Build-Up: Everyday stressors have a way of piling up if we don't keep them in check. Adding these 5 simple actions to your regular routine can help you avoid that "bogged down by stress" feeling. The key word is "routine." Click “Listen” to learn some ways to prevent the build-up of stress:

Note: If you have trouble with the “play/Listen” button, you can have the entire article read to you by pressing the mp3 button, just to the right of the “stop” button.

<https://kidshealth.org/en/teens/stress-tips.html?WT.ac=ctg#catemotions>

On a Nice Day, Go for a Mindful Walk:

Walk Mindfully: It can be as easy as going for a walk. This simple mindfulness activity has the added bonus of providing some physical activity and fresh air!

How to: Next time you take a walk through your yard or neighborhood, make it a “notice walk”.

As you walk, be very quiet and pay attention to all the sounds you can hear. Notice the smells, then the colors. As you walk, stop to pick up at least five items from nature: a rock, a flower, a stick, a leaf, a blade of grass, and note how it feels, what shape it is, etc. After a few seconds of quiet observation, think about how you feel and what you are thinking about. You will start paying more attention to the world around you and notice the beauty in your own surroundings.

Just for Fun Activity:

Yoga for Beginners / Teen Yoga Class (9-12): A 15-minute teen yoga class for beginners.

How to:

<https://www.youtube.com/watch?v=6kJgTouHHeE>

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