

WELCOME 7TH GRADERS!



Keep Calm & Carry On!

Mrs. Kunert

Mrs. Bechard

Mrs. Goodier

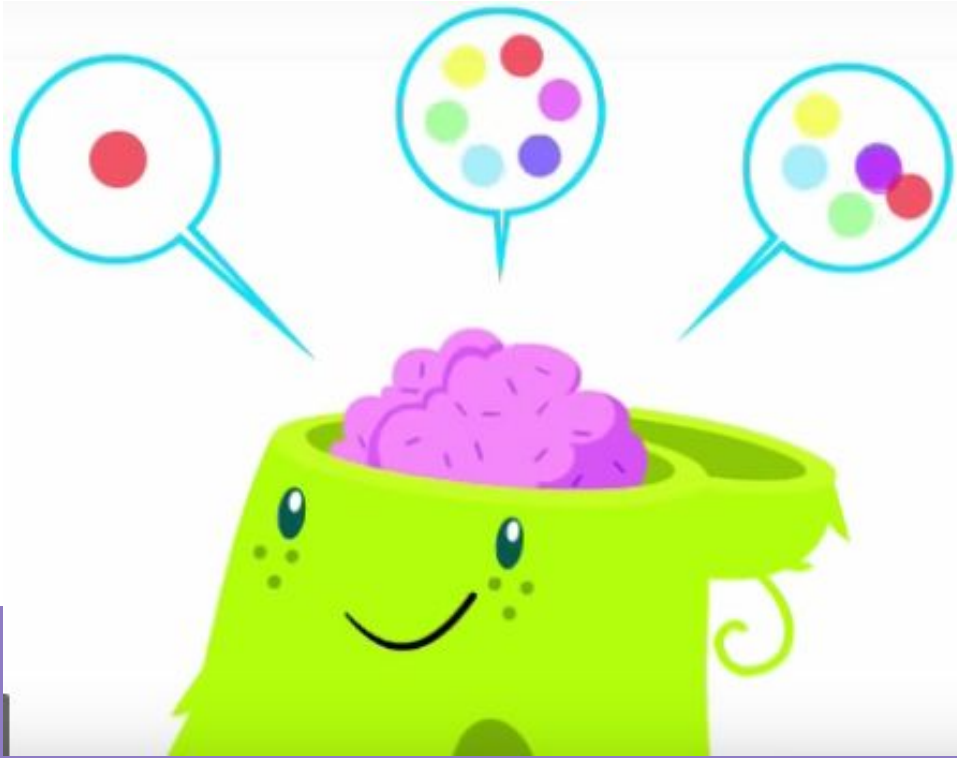
DHMS COUNSELORS

SO... WHAT IS STRESS & ANXIETY?



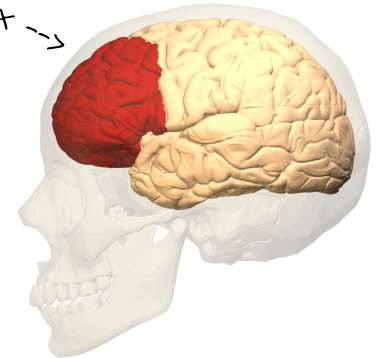
Good Stress, Bad Stress

Remember Executive Functions?



This SAME
part of the
brain helps
you be **less**
stressed &
less anxious!

Prefrontal Cortex -->



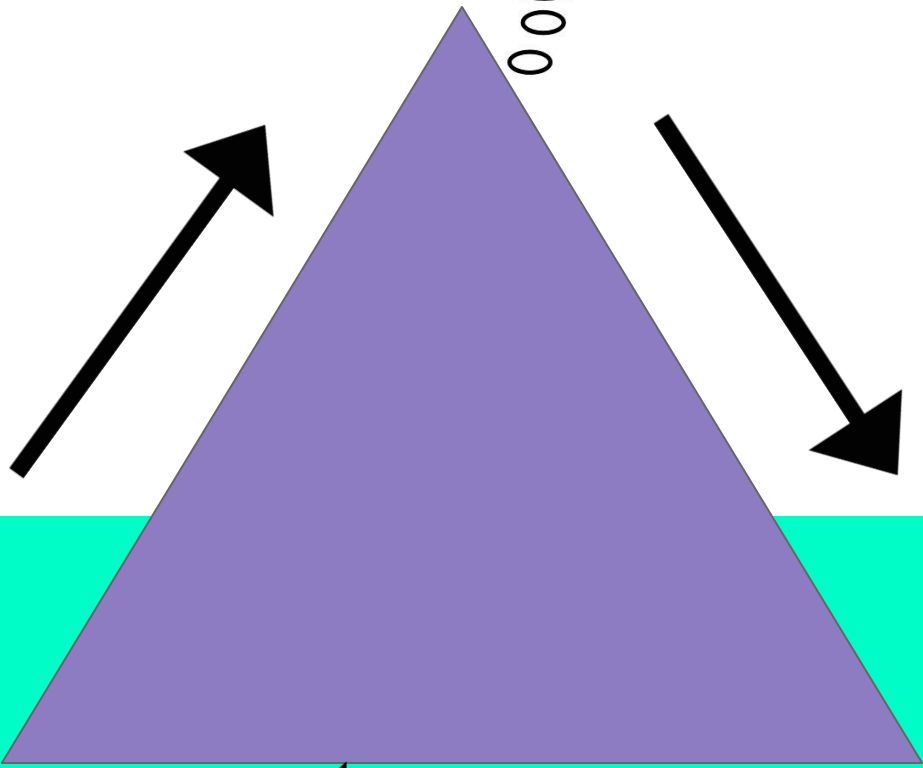


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9 ways to manage your stress



Thoughts



Behavior

Feelings

Progressive Muscle Relaxation



5-4-3-2-1

- 5 things you can SEE
 - Look around for 5 things you hadn't noticed before
- 4 things you can FEEL
 - Notice the pressure of your feet on the floor or your shirt on your skin
- 3 things you can HEAR
 - Notice all the background sounds you had been filtering out
- 2 things you can SMELL
 - Maybe you can smell flowers, coffee, or freshly cut grass
- 1 thing you can TASTE
 - Pop a piece of gum in your mouth, sip a drink, eat a snack



Five
Senses

Mindful Mint

1. First smell the mint before putting it in your mouth
2. Set the mint on your tongue and notice how it tastes and feels in your mouth. Don't bite it
3. Move it around in your mouth and notice if it feels different. Notice the texture of the mint and how it feels on your teeth or check
4. Bite the mint and notice how it changes as you chew it



DAILY CALMING PRACTICES

G.L.A.D

Name something today that:

G: you are grateful for

L: you have learned

A: you accomplished

D: delighted you or brought you joy

Simple Yoga Stretches:

1. Shoulder Stretch
2. Standing Forward Bend
3. Shoulder and Hand Stretch

5 Minute Meditation

1. Find a quiet spot, sit comfortably and close your eyes
2. Try to clear your mind of thoughts. Focusing on your heartbeat or breathing can help
3. If thoughts come into your mind acknowledge them and remind yourself that you are focusing on clearing your mind and go back to focusing on breathing
4. At the end before you open your eyes and move on with your day, take a deep breath and exhale slowly

The 16 Strategies you learned today to manage your stress:

1. Triangle trick
2. Identify your sources of stress
3. Make a plan
4. Take deep breaths
5. Ask for help
6. Get enough sleep
7. Eat right
8. Move around
9. Don't ignore stress
10. Enjoy yourself
11. Progressive Muscle Relaxation
12. 5-4-3-2-1
13. Mindful Mint
14. G.L.A.D
15. 5 minute Meditation
16. Simple Yoga Stretches



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