



## 10 Tips for Success with Stress

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1. Use your morning activities to start your day with mindfulness. Notice the smell of your shampoo, the temperature of the water on your skin. Allow yourself to be present with what you are experiencing, not ruminating or rehearsing about the rest of the day.
2. When you leave the house, concentrate on slowing your breath, and breathing from your belly and gently releasing any muscle tension.
3. Use red lights and stop signs you pass along the way to school as reminders to slow your breathing down. Allow your breath to settle in the belly, expanding the belly like a balloon on the inhale and allowing it to deflate on the exhale.
4. When you arrive at school, take a few moments notice any tension in your muscles. Allow yourself time to stretch and deep breath as you walk into your workplace.
5. Use your free periods or lunch to truly relax. Try releasing muscle tension, chair yoga, taking a short walk, or simply closing your eyes for a few moments.
6. Choose to **S.T.O.P.** (**S**-stop; **T**-take a breath; **O**-observe your mind and body; **P**-proceed with your day) for 1-3 minutes every hour of the school day. Become aware of your breathing, allow your mind to settle and regroup.
7. Use everyday cues in your school environment as reminders to “center” yourself (e.g. entering the classroom, sitting down at your desk, walking between classes).
8. At the end of the school day, try retracing today’s activities, acknowledging and congratulating yourself for what you **have** accomplished. Make a list for tomorrow...you’ve done enough for today.
9. Pay attention to your walk home or to your transportation home. Practice mindfulness by noticing the environment, the air, any sounds, and concentrate on your breath. Spend a few moments to deepen your breathing, and release any neck or shoulder tension. Take a moment to simply “BE”.
10. When you arrive home, make time to be by yourself for 5-10 minutes to be quiet and still. Try eating a mindful snack before beginning your after school activities.