



WHAT WE CAN DO TO STRESS LESS

Stress is a normal part of life. Lots of things can cause it. We all react differently to stressful situations whether it's a physical response or an emotional outburst. The ways we deal with stress greatly influence how it impacts us. Today your student talked with others about ideas for how to stress less and deal with stress positively when it comes up. Ask about some of the strategies they heard or shared!

AT HOME ACTIVITY

Change to Chill is a website that's all about stress and how to deal with it. It's designed for teenagers, but includes information for parents and other family members as well. One of the topics covered is mindfulness. We can all learn to control how we react to stress by applying mindfulness. Mindfulness is the act of bringing awareness to the present moment by acknowledging and accepting thoughts, feelings and sensations in the body.

The videos on the Change to Chill website include lots of great information about mindfulness. Together as a family check out a few of them at <http://www.changetochill.org/loseit/>.



HEALTHY ACTIVE LIVING

Gratefals and Grumbles

Another way to stress less and build resiliency is to practice gratitude. There are several ways you can practice gratitude as a family.

Try a "Gratefals and Grumbles" circle. With your family, gather together and have each family member share one thing they are grateful for (gratefals) and one thing they not too happy about (grumbles).