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## TIPS To Beat the Stress of staying @ home

### Tips on how to manage stress and practice self-care while navigating Coronavirus concerns

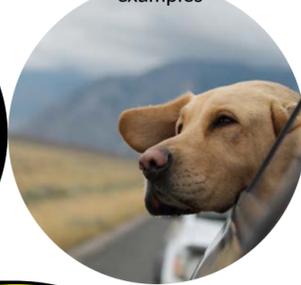
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#### Breathing

Controlled breathing can cause physiological changes that include lowered blood pressure and heart rate ·reduced levels of stress hormones in the blood ·reduced lactic acid build-up in muscle tissue ·balanced levels of oxygen and carbon dioxide in the blood ·improved immune system functioning ·increased physical energy ·increased feelings of calm and wellbeing.

Click picture for breathing examples



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#### Exercise

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. Even five minutes of aerobic exercise can stimulate anti-anxiety effects.

When I start feeling stressed out, I go outside for a walk and that helps.

Ms. McGuirk

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#### Listen to music

Classical music can be beneficial for your body as well: studies have shown that it helps slow your heart rate, ease stress, and lower blood pressure.

Music mostly makes us feel good. Positive feelings tend to broaden our mindset in ways that are beneficial to health and creative thinking.



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#### Visualization

Visualize a place you love, either that you have been at, or that you enjoy imagining yourself to be there. Describe it paying attention to using all five senses (e.g., the beach: what it looks like, how the sand feels, what it sounds like: wind and waves, salt water smell).



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#### Make a schedule for yourself

Make a daily schedule and stick to it. Giving yourself something to do every day even if it's doing a crossword puzzle or exercising. Schedule a time to FaceTime with your friends!



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#### Take a brief vacation from your phone

Turn off phones or other devices. Unplug and relax momentarily to recharge yourself – emotionally and physically. Take a nap. Stretch. Go outside and breathe some fresh air.



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#### Be virtually connected

Don't be a hermit. Stay e-connected using tools like FaceTime to chat with classmates, and use programs like Google Drive to collaborate with remote classmates.



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#### Relax your body

Progressive muscle relaxation. Download guided relaxation. Take a bath or shower. Do yoga.



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#### Be kind to yourself

Validate yourself: "This is hard, and I'm doing the best I can" or "This won't last forever. I will get through this."



Have the confidence to know that you will get through this tough time!