



Self-Care & Stress Management

How well does your child manage stress?

How well do you manage stress?

3 Fundamentals of Self-Care

1. Eat
2. Sleep
3. Movement

Other Aspects of Self-Care Might Include:

- Trying new activities
- Having fun
- Making friends
- Focusing on academic

Prioritize Physical AND Mental Health

Use the Five Senses to Manage Stress

1. Hear
 - a. Listening to music
 - b. Laughing with friends
2. See
 - a. Watching a movie
 - b. Playing video games
3. Smell
 - a. Breathing techniques (box breathing)
 - b. Lighting a candle or incense
4. Taste
 - a. Eating sweets
 - b. Sipping tea
5. Touch
 - a. Exercising or playing sports
 - b. Taking a warm shower
 - c. Hugging a family member

