



How to Manage Stress

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>How do I "control" stress? <i>Psychology Today</i> explains STRESS: psychologytoday.com/us/basics/stress</p>	<p>2</p> <p>Try positive self-talk: healthline.com/health/positive-self-talk</p>	<p>3</p> <p>Find an organizational tool that works for you (i.e., planner, lists, etc.)</p>	<p>4</p> <p>International Stress Awareness Day bit.ly/international-stress-awareness-2020</p>	<p>5</p> <p>Try relaxation techniques: bit.ly/relax-and-manage-stress</p>	<p>6</p> <p>Practice mindfulness: bit.ly/practicing-mindfulness</p>	<p>7</p> <p>Practice gratitude: bit.ly/25-ways-to-practice-gratitude bit.ly/benefits-of-gratefulness bit.ly/free-printable-downloads</p>
<p>8</p> <p>Write about something you enjoy!</p>	<p>9</p> <p>Nature healing sounds: youtu.be/79kpoGF8KWU?t=4</p>	<p>10</p> <p>Relaxing rain sounds: youtu.be/HmH4W8JOifg</p>	<p>11</p> <p>Veterans Day</p>	<p>12</p> <p>A positive self-talk video for kids: youtu.be/GSboXBkwpYo</p>	<p>13</p> <p>A video on how stress affects your brain: youtu.be/WuyPuHqojCE?t=6</p>	<p>14</p> <p>Make a playlist of calming music. <i>15 Best Places for Free Music Downloads:</i> bit.ly/lifewire-music</p>
<p>15</p> <p>How to deal with stress as a teenager: bit.ly/stress-as-a-teen</p>	<p>16</p> <p>How to deal with stress as a kid: bit.ly/stress-as-a-kid</p>	<p>17</p> <p>Journaling as a stress reliever: bit.ly/journaling-relieves-stress Search "free journaling ideas" in your web browser if needed.</p>	<p>18</p> <p>Aroma therapy as a relaxation technique: bit.ly/aroma-therapy-as-relaxation</p>	<p>19</p> <p>Exercise your mind. <i>10 Brain Exercises to Boost Memory and Cognitive Function:</i> bit.ly/10-brain-exercises</p>	<p>20</p> <p><i>Full Body Kids Workout: Daily Physical Activity For Children At Home:</i> youtu.be/uy5pnX4xAuw?t=2</p>	<p>21</p> <p><i>5 Minute "Shake" Break for Kids:</i> youtu.be/7o0aPvq07g8?t=3</p>
<p>22</p> <p><i>Move and Freeze Brain Boogie Boosters</i> by The Learning Station: youtu.be/388Q44ReOWE?t=10</p>	<p>23</p> <p>Preschool Movement Songs: bit.ly/preschool-movement-songs</p>	<p>24</p> <p>Exercise as a family! Dance, take a walk, do a scavenger hunt, create an obstacle course, take fitness breaks, or work in the yard together.</p>	<p>25</p> <p>Call or text a friend. Talking with someone you care about reduces stress.</p>	<p>26</p> <p>Laugh!</p>	<p>27</p> <p>Take a power nap!</p>	<p>28</p> <p>National Family Health History Day</p>
<p>29</p> <p>"Improving Your Eating Habits," The Center for Disease Control and Prevention: cdc.gov/healthyweight/losing_weight/eating_habits.html</p>	<p>30</p> <p>Be the best YOU can be! Follow YOUR own journey!</p>	<p>Stress Management by the American Heart Association heart.org/en/healthy-living/healthy-lifestyle/stress-management</p>	<p>Kaiser Permanente's <i>Managing Stress:</i> healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/stress-management</p>	<p>U.S. Department of Veterans Affairs, National Center for Health Promotion and Disease Prevention's <i>Manage Stress:</i> prevention.va.gov/Healthy_Living/Manage_Stress.asp</p>	<p><i>Natural Stress Remedies for Right Now</i> by AARP: HealthyLiving/ManageStress.asp</p>	

The Substance Abuse and Mental Health Services Administration (SAMHSA) has launched an anti-discrimination campaign called *What a Difference a Friend Makes:*

bit.ly/difference-a-friend-makes

