# Health and Wellness

# How to Manage Stress, Anxiety, Anger and Sadness



There are activities that can help you cope with difficult and overwhelming feelings, like anxiety, anger or sadness. These activities will help you build a toolbox of positive skills that can be used during difficult times or during regular routines.

Like other skills, coping skills require reminders and practice. Set up daily increments of time, ten minutes throughout your day. One strategy is to practice coping skills in the morning, mid-day, and before bedtime. Of course, you can determine what works best for you.

Included in this set of activities is:

- ✓ Coping Skills Checklist
- √ Sample Coping Skills Schedule
- ✓ Healthy Communications Rules

# Coping Skills Checklist

A great starting point is to determine what coping skills you already have and create a list. Next, identify new coping strategies that you can add to the list. This checklist is a sample of ideas, of course there are many other options. The key is to figure out which ones work best for you.

Click here for "100 Coping Skills"

Click here for "102 Self-Care ideas and Activities to do at Home"

Click here for "Anxiety Coping Skills"

### **Physical Skills**

Run/Walk

Hike

Ride a bike

Skateboard

Rearrange your room

Play with a pet

Get proper sleep

Eat healthy

Practice a favorite sport

#### **Emotional Skills**

Make a list of feelings

Identify triggers to negative

feelings

Journal about what is difficult and what you wish could be

changed

Talk to a trusted adult or friend

Create a gratitude list or journal

Click here for a Journal Template

## **Distraction Skills**

Click here for "101 Affirmations"

Write down positive affirmations

Do a puzzle

Read a book

Volunteer to help someone else

Do a word search, crossword

puzzle, or dot to dots

Write a kind note to a friend or family member

Draw, color or complete an art project

## Manage Stimuli

Take a social media break

Watch a fun movie

Listen to music

Sit in silence

Research a vacation

Do something creative (color, paint, cook)

Play an instrument



#### **Relaxation Skills**

Click here for "Relaxation Techniques"

Breathing exercises

Practice mindfulness

Practice progressive muscle relaxation

Take a hot shower or bath

Light a favorite candle

Make hot chocolate

Try Aromatherapy

## Sample Coping Skills Schedule

Keep a running list of all the coping skills that work for you. Incorporate these skills into your daily routine:



9:30 Eat healthy breakfast

10:00 Go for a walk

**12:00** Take a social media break and create a gratitude list

2:30 Practice breathing exercises

6:00 Play with a pet

9:00 Practice Mindfulness

## **Healthy Communications Rules**

There are basic rules that are helpful to remind you what to do when you are experiencing overwhelming feelings. Identify what you are feeling, determine how you can communicate those feelings, and use an appropriate coping skill.

Healthy communication requires taking ownership of your feelings. Avoid starting sentences with "you always" or "you never". Instead, start your sentences with "I feel...", "I need...." "I want..."

Remember connections to others are important. There are many

ways to stay connected to one another through phone calls or face-time. Coping Skills Reminder Cards can serve as visual reminders to figure out what to do when you are overwhelmed, angry, anxious or sad. Here are some ideas you can use to make your own personalized coping skills reminder cards.

 Identify which feeling(s) to focus on. Are you

| I feel      | , when  |
|-------------|---------|
| When I feel | , I can |

overwhelmed when you are angry, anxious or sad? Are there several feelings you need to learn to handle in a healthy way?

Make post-its or index cards. It is important that you figure out when and where reminders are needed. What works for you to help stay in a calm state? What helps you relax, calm down or feel good? Do you like to draw? Listen to music? Play with putty? Read a book? If you are having a hard time coming up with ideas, think about activities that you enjoy. Activities that are calming and relaxing become your coping

- skills and part of your toolkit.
- Once you figure out what coping skills will work for you, create a card or post-it for each one OR create several if multiple reminders are needed. Include the feeling that needs to be managed on each card.
- Create visual reminders There are many ways to make these coping skill reminder cards: you can take a picture, post them in frequently used locations, or as you discover new coping skills, you can always create additional cards. If certain skills are no longer effective, find a new skill that works.



Click Here to Visit the **CVUSD WELLNESS ROOM** 

# Students – *Need someone to talk to?*

### NPHS Counselor's Wellness Wednesday

Wednesdays (school days only) 11:00am-1:00PM

Click Here to Join Zoom Meeting

#### **District Counselors**

Monday-Friday (school days only) 8:30 am - 4:00 pm

Click here to Connect with a Counselor

If you are concerned about how to talk to your teen about



**Click Here for Resources** 

