



HOW TO HELP YOUR STAFF & STUDENTS MANAGE STRESS

Stress happens, especially these days. While it may feel like there's too much going on to add one more thing, here are simple ideas to reduce stress one moment at a time within your school community.

People want to know that they and their work matter to those around them. Knowing you matter has been shown to lower stress.

Show staff that you care for their well-being, both in mind and body, by incorporating these ideas into the work day.

- ▶ Gratitude journal with your teams at the beginning of meetings.
- ▶ Positive affirmation Wednesdays where you encourage peer-to-peer shout-outs.
- ▶ Mindfulness minutes to start every faculty gathering. Use these [videos](#) as a resource.
- ▶ Include celebratory items on your agenda to open or end on a positive note.
- ▶ Mindfulness or quiet rooms where teachers can take a moment to reset.

We have infographics in [English](#) and [Spanish](#) to use in newsletters, social media, and email!

Stressed students may be inattentive, fidgety, disruptive – even defiant. Supporting student well-being can help them stay focused, recall information and problem-solve.

- ▶ Sharing our [mindfulness and breathing exercise videos](#) is a great way to help all students practice this calming exercise.
- ▶ Middle and high school students can learn how to [create a positive routine](#) and about the importance of [sleep](#).
- ▶ Use these resources on [journaling](#) to help elementary students track their feelings and experiences. Middle and high school students can use this [journaling activity](#) as way to reduce stress.
- ▶ Help students develop meaningful positive self-talk with [pep talk videos](#) and [motivational posters](#).
- ▶ Teach [conflict resolution](#) and [communication skills](#) as tools to deal with stress.