Self-Management & Stress-Management

How can we help students cope with stress?

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Self-Awareness

Self-Management

Social Awareness

Responsible Decision-Making

Relationship Skills

- Understand and practice strategies for managing one's own emotions, thoughts, and behaviors
- Recognize the skills needed to establish and achieve personal and educational goals
- Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals

Stress: a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Stress Management: a wide spectrum of techniques aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

Coping: to invest one's own conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict.
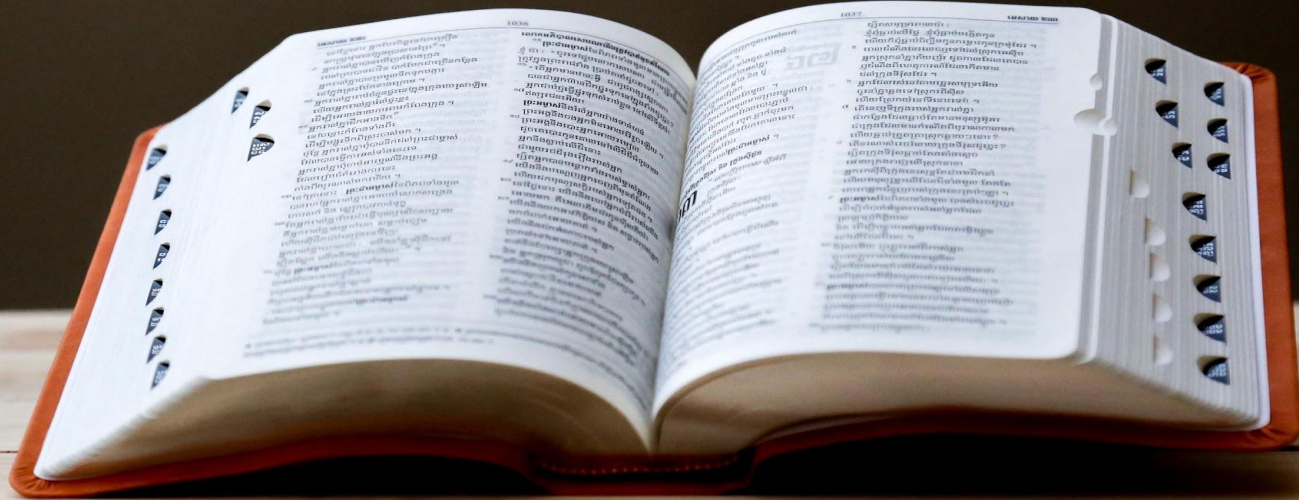
ALL ABOUT:

Coping Skills

Emotion-Focused

Labeling feelings
Breathing exercises
Exercising
Art work
Reading
Playing a game

Yoga
Playing music
Watching a funny video
Positive self talk
Engage in a mood booster
Create a calm down kit

Problem-Focused

Ask for help
Engage in problem solving
Create a list of pros and cons

Useful Tips

Prompt your child
Let your child feel bad sometimes
Praise your child
Debrief after an event
Make sure coping skills are in moderation

Home - School Connection

District Wide

Curriculum Connections	Yoga
Parent Programming	
Mindfulness/Wellness	

LCJSMS

Advisory	Keys to Success
YEA	Counseling Groups
Let Grow	

Primary/Elementary School
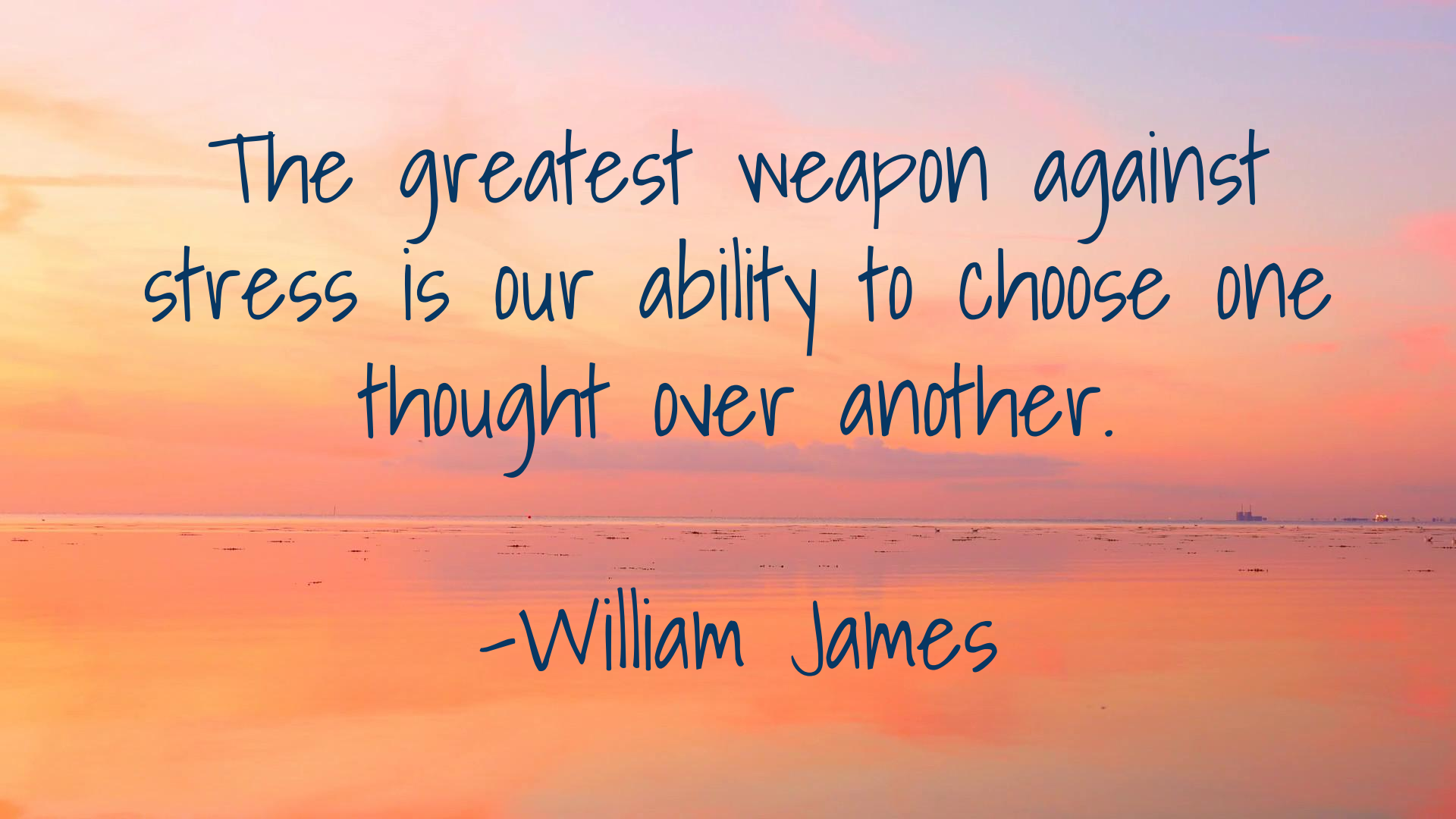
Classroom Lessons	Growth Mindset
THRIVE	Brain Breaks
Zones of Regulation	
Keys to Success	

SHS

Restorative Practices	Advisory
Students Helping Students	
Counseling Groups	

The greatest weapon against stress is our ability to choose one thought over another.

-William James