

The Webb Schools Newsletter

March 27, 2020

Coping with Stress...

Stress is a natural part of everyday life and comes in unexpected ways. We need to do what we can to help monitor it because it can take many forms. Stress can cause physical, emotional and behavioral disorders which can affect your health, vitality, peace-of-mind, and relationships. Everyone handles stress differently, and it's helpful to be able to identify it and develop coping strategies.

- Do minor problems upset you a great deal?
- Are you unable to stop thinking about your worries?
- Do you feel inadequate or suffer from self-doubt?
- Do you experience flashes of anger over a minor problem?
- Do the small pleasures of life fail to satisfy you?
- Have you noticed a change in sleeping or eating patterns?
- Do you suffer from headaches, chronic pain, or backaches?



If you answered "yes" to many of these questions, consider ways to reduce or manage stress:

- **Be realistic.** Perfectionism is unrealistic and overrated.
- **Go easy with self-criticism.** You may be expecting too much of yourself.
- **Visualize** how you can manage a stressful situation more effectively.
- **Take one thing at a time.** Set priorities and tackle each task separately.
- **Engage in an activity or hobby.** Take a break from your worries.
- **Live a healthy lifestyle** with good nutrition, adequate rest, regular exercise, and balanced work and play.

~~Share your concerns and feelings with trusted family and friends.~~

Coping Skills Suggestions:

- Take 10 deep breaths
- Go for a quick walk, exercise, or just stretch
- Listen to music
- Squeeze something/shred paper
- Counting
- Get a drink of water



Useful Websites:

- **Go Noodle Brain Breaks:** website with movement and mindful breaks
- **Highlights Kids:** stories, activities, science experiments
- **Storyline Online:** free storytelling videos and resources
- **NatGeo Kids:** Animals and geography
- **OpenCulture.com:** download free e-books or audiobooks, access free online courses and download free coloring books created by museums from around the world. Free K – 12 education is available.
- **Switcharoo Zoo:** watch, listen, and play games with animals

KEEPING THINGS FUN AT HOME

Dress up days:

Pick a theme such as, Sports Day, Favorite Color Day, or PJ Day and everyone in the house dresses for the theme of the day!

Scavenger Hunt:

What things can you find around the house and outside?



Art project:

Save the toilet paper and paper rolls. What can be made?

Game night:

Play your favorite board game, cards or Charades!

Movie night:

Relax and enjoy your favorite movie!



Resources

In case of an emergency:

Call 911

In case of a psychiatric emergency:

Call 211