



WELLER HEALTH  
EDUCATION

# Stress Management

## WHAT IS STRESS?

➔ Stress is the uncomfortable feeling you get when you're worried, scared, angry, frustrated, or overwhelmed

## COMMON STRESSES



Homework



Family Issues



Friends



Current Events

888-402-LVHN LVHN.org/children

Weller Health Education

For more information, visit our [web site](#)  
or contact us at [kristen.hoben@lvhn.org](mailto:kristen.hoben@lvhn.org)

 Lehigh Valley  
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# POSITIVE WAYS TO MANAGE STRESS

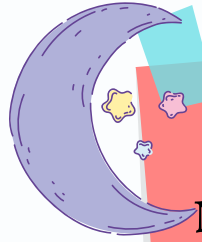
## Exercise

Get your body moving by playing outside or playing your favorite sport



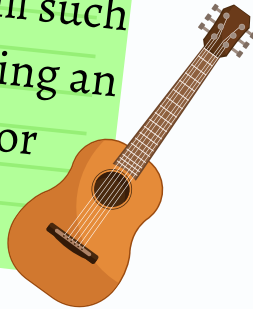
## Sleep!

Make sure to get at least **8 hours** of sleep a night. Get to bed early and keep phones silent during the night



## Hobbies

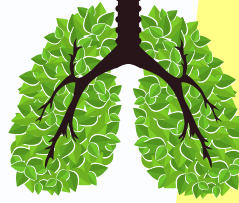
De-stress by starting a new hobby or skill such as painting, playing an instrument, or reading



## Deep

## Breathing

Use breathing techniques or take deep breaths to calm your heart rate



## Time

## Management

Manage time by creating a realistic work schedule and setting priorities



## Spend Time with Pets!

Take time to hang out with your pet. Walk your dog or play with your cat

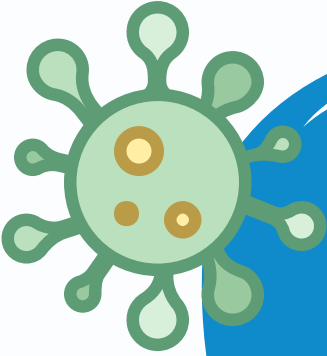


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# STRESS WHILE STAYING AT HOME



Right now while we are staying at home, our stress is most likely at an all time high! School is now in our home and going out into public is impossible



- Remember to take time and get some fresh air. Go for a walk around your neighborhood or play in your backyard
- Working from home can be incredibly difficult so make a set of goals to accomplish each day to keep you on track
- Finally, take a break from the news! Watching the news cycle and only hearing about the Corona Virus can be very stressful. Change the channel and unsubscribe from news outlets for a little while and watch something happier

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