

Coping Strategies for Stress Management

Strategies that help you destress, relax & take care of yourself

My favorite collections of calming and de-stress strategies all in one place.

- ❖ [WordPress Self Care Plan](#)
- ❖ Sacramento City Unified School District collected multiple calming resources. There is music, meditation, yoga, drawing and so much more. [Virtual Calming Room](#)
- ❖ The Regents of The University of California created the [Self Care Toolkit by GritX](#)

1. Mindfulness & Breathing Strategies

Tune out stress and center your thoughts & emotions.

- ❖ [Bubble Breathing](#)
- ❖ [Progressive Muscle Relaxation Technique](#)
- ❖ [Infinity Breath Technique](#)
- ❖ [Bring It Down by GoNoodle](#)
- ❖ [Simple Breathing by Beautiful Chorus](#)
- ❖ [Rainbow Breath Flow by GoNoodle](#)
- ❖ [Watch Shark Cam at the Baltimore Aquarium](#)
- ❖ Listening to the book, [I am peace](#) written and read by Susan Verde

2. Calming Kit

Find happiness by bringing your favorite things to one small spot

Directions: Find a pencil pouch or small container to put in a variety of the things you love, like [calming scented homemade playdough](#), [DIY Calming Glitter Jars](#), your favorite pictures, music, fidget toys, colored pencils, paper, books, stuffed animal or anything that makes you feel better when you are stressed.

3. Active & Outside

Recenter your focus when you take a break and exercise

- ❖ [Go on a Mindfulness Walk with Stop Breathe Think](#)
- ❖ [Easy Yoga for Stress Relief](#)
- ❖ [12-minute Wind Down Yoga before Bedtime](#)
- ❖ [Freeze Dance with GoNoodle](#)
- ❖ [Trolls I can't Stop the Feeling Dance Party](#)

4. Types of Self Care

Physical

Sleep, yoga, eat healthy foods, walking, stretching

Emotional

Stress management, forgiveness, kindness, compassion

Social

Setting boundaries, positive social media , spend time with friends and family

Spiritual

Spend time alone, meditation, journal, find a place you love