

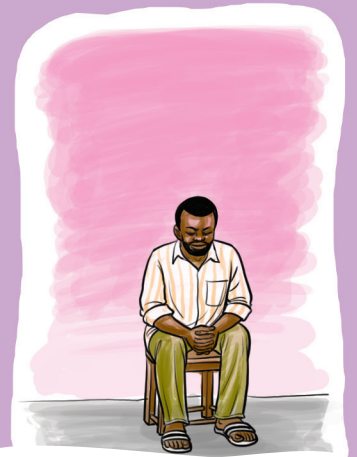
It is a difficult time. Feeling stressed? Try these...



Pray



Talk to a friend



**Sit quietly and
breathe deeply**



Play



Seek support



Go for a walk



**Talk about your
feelings**

***Violence is never okay.
Find other ways to manage your emotions.***



Discussion Questions

What are positive ways to relieve stress and manage emotions?

- Reading, taking a bath, cooking, working extra hours, taking a nap, taking a break from a difficult conversation, playing sports, watching sports, watching a movie, singing or/and dancing, committing to never using violence – no matter what.
- Keep busy, make something fun with your family (e.g., mini talent show, dance or concert), clean your house, start a project.
- Limit exposure to the news or social media as there is a lot of information, it can be overwhelming.

How do you feel when you can positively handle your worries and frustrations?

- Proud of self, more confident, trusted, reliable, mature, honorable, grateful.
- Purposeful and responsible, accomplished.
- Safe, strong, alive.

How do you think others see you when you handle difficult situations well?

- They respect me, believe I am a good person, trust me, care about me, want to help me, want to be connected and close to me.
- They see me as a source of strength and hope.

**Take home
idea**



Positively managing stress and anxiety benefits ourselves and others.