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.
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/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.