

# "Taking Care"

## A Mental Health & Wellness Monthly Newsletter

Prepared by: GSSD School Counsellors



This month is dedicated to:

## MANAGING STRESS

*Stress is a normal part of life, but having a plan to deal with it can support coping when stressful situations arise.*

### For Staff:

- [The Power of Routine](#) (article)
- ["Awe" Walks](#) (article)
- [Calm](#) (app)

### For Parents/Guardians:

- [Pandemic Parenting](#) (resources)
- [Ways to Manage Stress](#) (resources/ tips)

### For Students:

#### Grades K-3

- [Keep Calm - My Stress Busting Tips](#) (4:30 min video)
- [Stress Reduction](#) - (activities for students)



#### Grades 4-7

- [Stress Management Tips for Kids](#) (7 min video)
- [12 Instant Stressbusters](#) (image)
- [Where Do You Feel Stress? Body Chart](#) (PDF resource/activity)
- [Belly Breathing Exercise](#) (PDF resource)
- [Grounding Technique 5,4,3,2,1](#) (activity)
- [Yoga - 8 Poses to Combat Stress](#) (activity)
- [Coping Skills Toolkit](#) (activity)

#### Grades 8-9

- [Classroom Lessons: Helping Teens Cope with Stress](#) (resource)
- [B Strong Together](#) (resources/videos/links)
- [Dealing With Stress Relating to COVID-19](#) (resource)
- [Fight Flight Freeze](#) (2:41 min video)

#### Grades 10-12

- [Top 10 Stress Relievers](#) (article)
- [Stress Management Techniques](#) (article)
- [5 Ways to Prevent Stress Buildup](#) (article)
- [COVID-19 How You Can Make a Difference](#)
- [MindShift App](#) - Free Self-Help App