

# COOL TOOLS NOVEMBER

## COOL COPING WITH GRATITUDE

SMALL changes in coping with stress can make BIG differences in their health!

### Coping With Stress

#### What Is Stress

- Stress is what you feel when you are worried or have a bad feeling about something.
- Stress can be good and bad.
- Stress is a normal part of life.
- Everyone has stress in their life.

#### Causes of Stress For Kids

- School: grades, homework, tests
- Family: parents, brothers, sisters, and pets
- Friends: teasing, bullying, and acceptance

\*Any of these causes can be good or bad depending on the child



#### Effects of Stress on the Body

- Higher heart rate
- Stomach aches
- Headache

#### Ways to Cope

1. **Be Thankful**- Share with your child what you are thankful for; have them do the same.
2. **Deep Breathing** – Slow inhale through nose, hold, slow exhale through mouth. Repeat 5-10 times
3. **Meditating** – Sit quietly and breathing slowly, think about a happy place and think of what makes this place special. 5-10 minutes
4. **Muscle Relaxing** – Lie down and starting with your feet and toes, tense the muscles and hold for a couple of seconds, release. Slowly repeat the same steps for the rest of the body. Finish with the whole body.
5. **Stretching** – Stand and reach down trying to touch your toes, stretch tall, sit in a butterfly, roll back and forth with knees to chest.
6. **Write it, Read it, and Toss it** – Write down what is stressful, read it, then crumple the paper up and throw it away.

#### Four Ways to Have a Healthy and Happy SELF

**Sleep** – Try to get enough sleep at night

**Exercise** – Have exercise time at home

**Leisure** –Have fun, laughing time in your life

**Food** – Choose healthier foods: fruits, veggies, whole grains, low-fat dairy

#### **At Home Activity: Deep Breathing with your Child**

1. Go into a quiet room with your child.
2. With your child, close your eyes and slowly take a deep breath in through your nose, hold for one second, and then exhale through the mouth.
3. Repeat these steps 5-10 times.