Stress Management and Mindfulness Strategies

Mindfulness

• Mindfulness helps us focus on the here and now – the present
• Notice how you are feeling – be in tune with your body, mind, and spirit
• Take your stress “temperature”
• If you feel mentally overwhelmed, becoming more aware of nature, the world, and your surroundings can help you feel calm and grounded. Use your five senses to do this: smell, taste, touch, hearing, and sight.

Relaxation Techniques

• Actively relax different muscle groups – stretching
• Visual imagery
• Self-talk
• Count slowly to 10 or taking 10 deep breaths

Getting Help

• Ask family to take on some of the load
• Talk with a good, calming friend
• Get therapy or support from people in a similar situation

Let It Out!

• Sing along to music
• Write about your feelings
• Tell jokes
• Watch a funny movie
• Give or receive a massage
• Do push-ups or go for a walk, run, or bike ride

Friend to Friend is a school-based intervention program designed by experts at Children’s Hospital of Philadelphia to reduce relational aggression among high-risk 3rd to 5th grade girls as well as improve the broader classroom climate in urban schools. Learn more about Friend to Friend by visiting https://violence.chop.edu.