

“Don’t Get Angry”
Angry Bird Bulletin Board:
Stress Management
Techniques & Tips

Don't Get Angry

WRITE
Writing about your feelings can help you understand them better and find ways to deal with them. It can also help you express your feelings to others.

LET YOUR FEELINGS OUT
It's important to let your feelings out in a safe way. You can talk to a friend, write in a journal, or draw a picture of how you feel.

READING
Reading books, magazines, or newspapers can help you learn about stress and how to deal with it. It can also help you relax and enjoy yourself.

EXERCISE
Exercise is a great way to manage stress. It can help you feel better and more energetic. You can walk, jog, or do any activity that you enjoy.

BREATHING EXERCISES
Breathing Exercises are another great way to reduce stress. A great technique is the 4-7-8. While inhaling, count to 4. Hold your breath and count to 7. And when you're exhaling, count to 8. Make sure you're counting on the same interval!

DO SOMETHING YOU ENJOY
Doing something you enjoy can help you relax and reduce stress. It can be as simple as listening to music, watching a movie, or spending time with friends.

USE GUIDED IMAGERY
Guided imagery is when you use your imagination to create a peaceful scene in your mind. This can help you relax and reduce stress.

MEDITATE
Meditation is a practice that helps you focus your mind and reduce stress. It can be done in many ways, including sitting cross-legged, walking, or even while driving.

Stress Management Tips



Write



- Write for 10 to 15 minutes a day about stressful events and how they make you feel.

Let Your Feelings Out



- Talk, laugh, cry, and express your anger when you need to.
- Talking with friends, family members, a counselor, about your feelings is a good way to relieve stress.



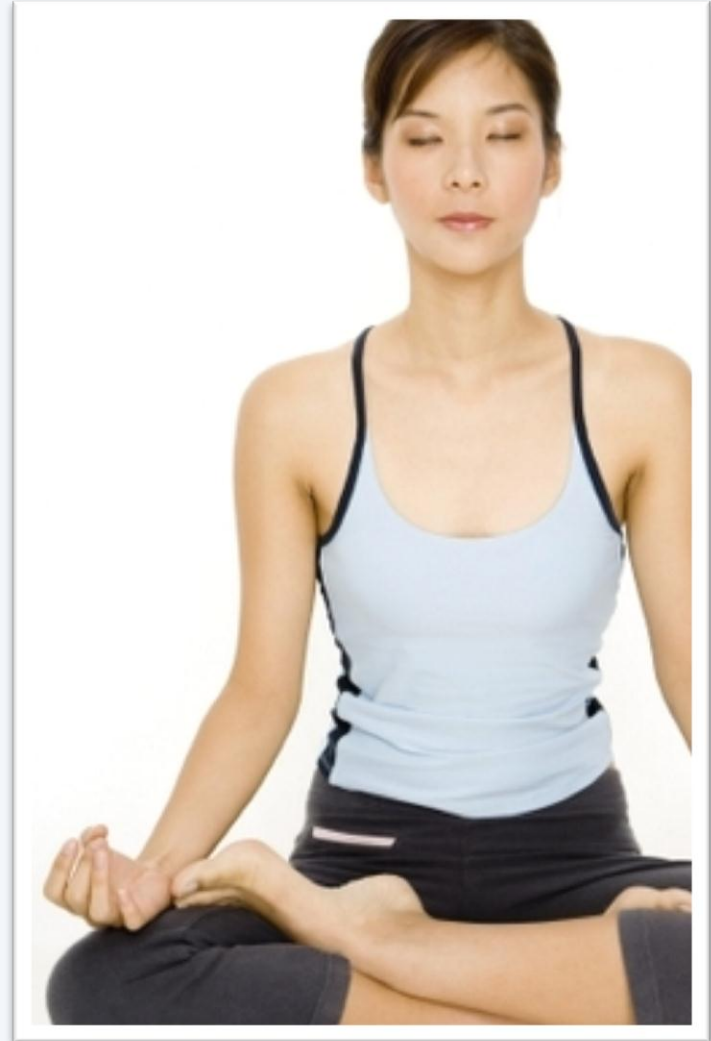
Do Something You Enjoy



- This can be a variety of activities.
- Doing something creative helps too
- Volunteer work is another great way to relieve stress.
- Set aside a little time for yourself and you'll notice a difference!

Meditate

- During meditation you focus on things that are happening right now.
- A simple way to meditate is to just sit/lie down, relax, and focus on how you are breathing.



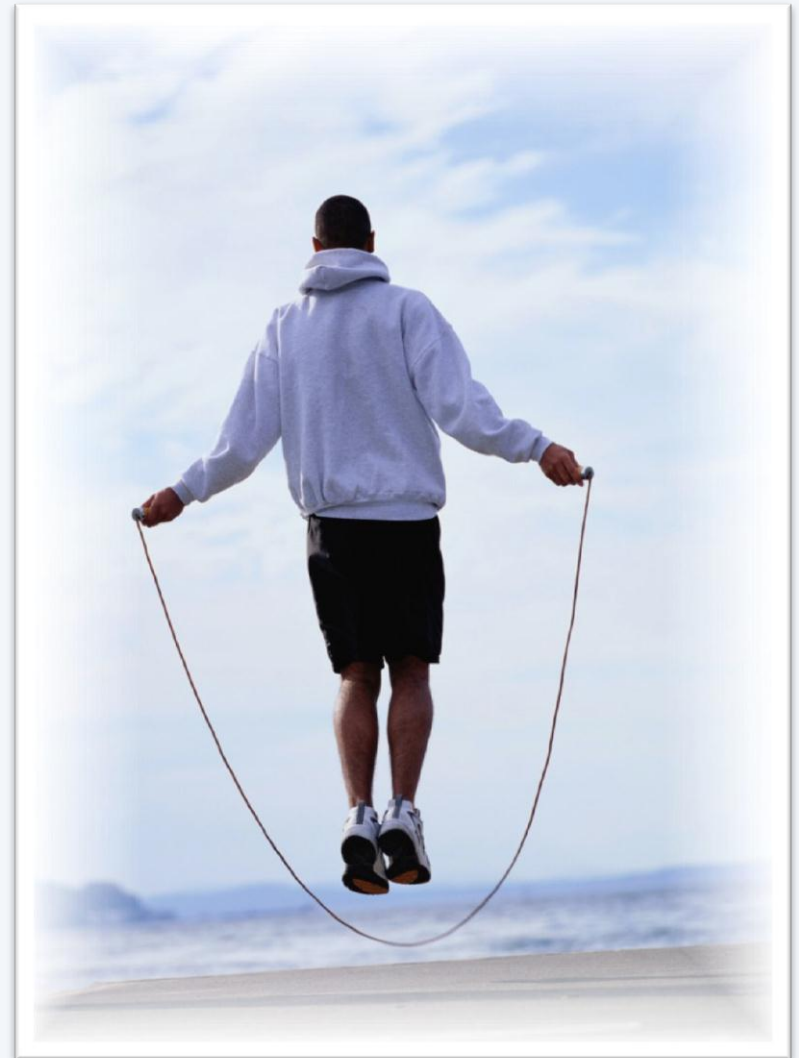
Use Imagery



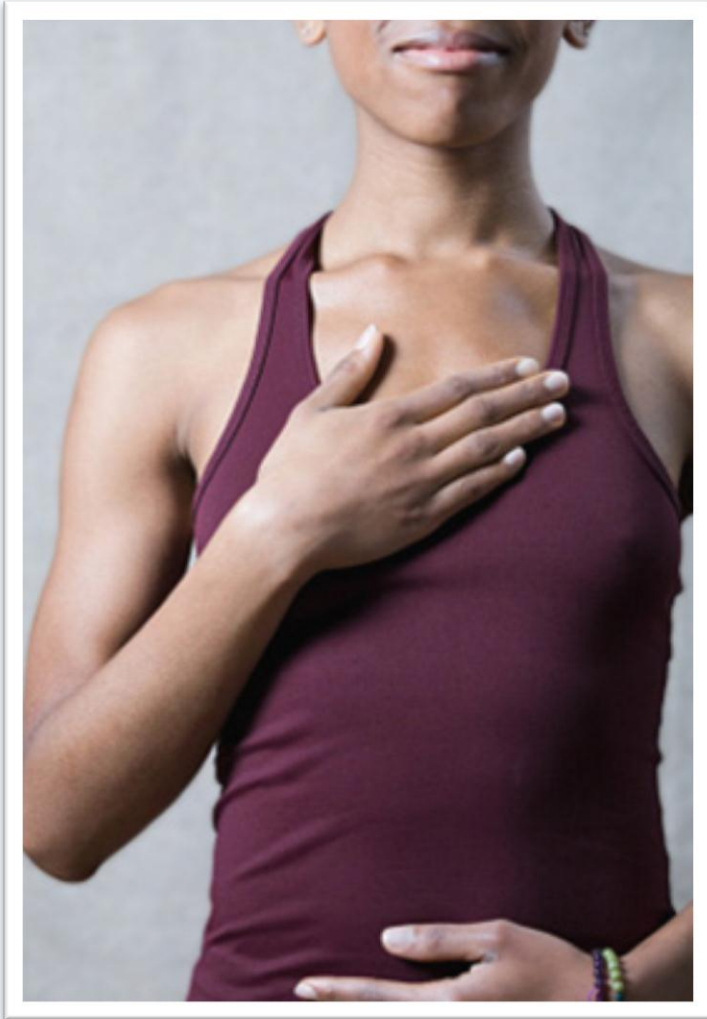
- Imagery is picturing yourself where you would feel the most relaxed; in a field on a sunny day, a beach, a park, anywhere you will feel the calm.

Exercise

- Regular exercise is one of the best ways to manage stress.
- Walking is a great way to get started.



Breathing Exercises



- Breathing exercises are another great way to reduce stress.
- A great technique is the 4-7-8. While inhaling, count to 4. Hold your breath and count to 7. And when you're exhaling, count to 8.

Reading

- Setting aside some time to read for leisure really can give you some time to unwind and relax.
- It's important to make sure that you pick something you'd like to read and feel you'd enjoy.

