

Umatter Group-

Letting you know that stress is normal and about
ways to effectively manage it

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Feeling consumed with emotions and thoughts?

Here's some ways to get your feelings out at home or in your free time...

- ❖ Write in a journal
 - ❖ Dance around or sing along to your favorite song
 - ❖ Go for a run or do a quick workout to blow off some steam
 - ❖ Take a nature walk
 - ❖ Watch a movie/do something from when you were a kid
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Feeling consumed with emotions and thoughts?

Here's some ways to get your feelings out at school...

- ❖ Take a small break to the planning room or guidance
 - ❖ Get permission to go on a quick walk
 - ❖ Ask to go get some water & rehydrate
 - ❖ Color/make some artwork
 - ❖ Sign out a stress toy
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STRESS TOYS

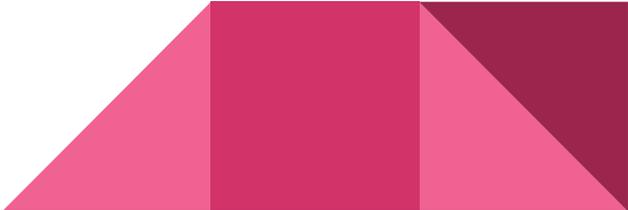


Feeling sick because of stress?

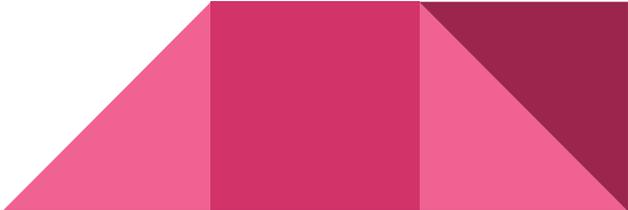
- ❖ Eat a healthy snack
 - ❖ Drink a glass of water
 - ❖ Take a shower or bath
 - ❖ Take a short nap
 - ❖ Organize yourself, clean backpack, make lists
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Need to get something off your chest?

Talk about it with someone you trust!

- ❖ A peer
 - ❖ A family member
 - ❖ A trusted adult
 - ❖ Your teacher
 - ❖ Your school nurse
 - ❖ Your doctor
 - ❖ Your School Counselor
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Helpful Stress Management Apps for your phone!

- ❖ Headspace
 - ❖ Calm Harm
 - ❖ Anxiety Reliever
 - ❖ Happify
 - ❖ Yoga Nidra
 - ❖ Panic Relief
 - ❖ Pacifica
 - ❖ MoodTools
 - ❖ PTSD Coach
 - ❖ Insight Timer
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Feeling isolated?

If you feel like you don't have anyone to talk to in your life, contact one of these hotlines for anything ...

- ❖ First Call for Chittenden County
 - (802) 488 - 7777
- ❖ Northwestern Counseling for Franklin & Grand Isle Counties
 - (802) 524 - 6554
- ❖ National Suicide Prevention Hotline
 - 1-800-273-8255
- ❖ Crisis Textline- Text VT to 741741



And finally.....

- Please let any of us know if you would like to help us in our efforts next year
 - Stay tuned for more information next year
 - This presentation will be posted on the CHS Website under Counseling, then Mental Health and Wellness
 - Thanks so much for listening and please reach out if you need anything!
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