

"Taking Care"

A Mental Health & Wellness Monthly Newsletter

Prepared by: GSSD School Counsellors

*The month of March is dedicated to
Managing Stress*

"Almost everything will work again if you unplug it for a few minutes, including you."

~Anne Lamott

For Staff:

- Stress Management Tips for Kids and Teens (7 min. video)
- Self-Care for Teachers as They Navigate the New Normal (Resource)
- 7 Stress Management Techniques to Get You Back on Track (8 min. video)

For Parents/Caregivers

- 13 Stress Relief Tips for Kids (Article/Tips)
- Fill Your Cup (2 min. video)
- Funny Stress Management Techniques (2 min. Ted Talk)

Grades K-3

- Calming Exercises for Kids (4 min. video)
- Kids Yoga Stories (Resource)
- Calming Cards & Calming Catcher (Resource)

Grades 4-7

- What is Stress? (5 min. video)
- Releasing Stress (5 min. video)
- Guided Meditation for Kids (3 min. video)

Grades 8-9

- Stress Management Tips (Resource)
- The Stress Bucket (3 min. video)
- Creating Your Personal Stress Management Plan (10 point plan template)

Grades 10-12

- Top 10 Stress Management Techniques for Students (Article)
- Stress Exploration (Worksheet)
- How Stress Can be Normal (4 min. video)
- How We Cope With Anxiety & Stress (7 min. video)

SHARE YOUR ACTIVITIES THAT SHOWCASE MANAGING STRESS



#GSSDTAKINGCARE

