

# 9 TECHNIQUES FOR STRESS MANAGEMENT

1 Identify how you are feeling in the particular moment.



7 Journal. Choose to use words, sentences or draw. Journal prompts include listing favorite things, places you want to visit, stating when you feel safe or things for which you are thankful.

2 Listen to affirmations that help shift your point of view to a positive one.

8 Move. Stretch, practice simple poses and do calisthenics. These improve balance, agility and coordination.

3 Practice mindfulness by breath work, body awareness, guided imagery, journal prompts and coloring activities. Mindfulness is paying attention to what is happening right now with kindness and curiosity.

9 Identify your uniqueness, stress and your body, worry and hope, fear and safety, loneliness and connection, hurt and joy, anger and generosity, guilt, shame and gratitude, and perfection and pride. Understanding how each of these emotions feels in your body helps you gain control of your emotions.

4 Discover the happy and quiet place inside of yourself that you have never visited before.

5 Explore ways to be kinder to yourself, others and the world.

6 Check in with your body. complete a body scan. Listen to your body to self-regulate how you feel and act at home, in school and with their peers. Examples of body sensations are warm, full, empty, cold, heavy, soft etc.



**St. Joseph's Indian School**  
We serve and teach, we receive and learn.  
PO Box 89  
Chamberlain, SD 57325-0089  
(605) 234-3300 • [www.stjo.org](http://www.stjo.org)