

# Healthy Ways to Manage Stress

## Ages 12yrs and up

We all have stress in our lives, but did you know that using strategies to manage stress or prevent it in the first place can help us live healthier and longer lives?



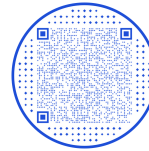
### **ACEs and Toxic Stress Education**

Scan the QR codes for tools and resources to help you and your family.



### **Supportive Relationships**

Embrace and prioritize good, honest, and open communication. Make a conscious effort each day to express appreciation to those who care about you, either through actions or words.



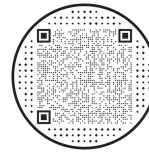
### **Quality Sleep**

Sleep at least 8 hours a night. Cut down on your caffeine. Create a "bedtime routine" for you and your children. Don't take your phone to bed with you!



### **Mental Healthcare**

Recognize early warning signs of mental health issues, and seek help. Warning signs include: trouble sleeping, pulling away from usual activities, feeling helpless, and unexplained aches and pains.



### **Balanced Nutrition**

Eat fresh fruits and vegetables. Avoid high sugar foods. Try to cook at home. Drink at least 8 glasses of water a day.



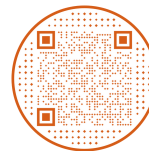
### **Experiencing Nature**

Being in nature and moving our bodies can make us feel good. It can also help calm our brain and body when stressful things happen in our lives.



### **Physical Activity**

Try to exercise 60 minutes daily. Both strength and cardio exercise are important.



### **Mindfulness Practices**

Take a few minutes each day to sit quietly, notice your breath, and feel your feet on the floor. When you're angry or upset, count to 10 or take 3 deep breaths before you do anything else.

