

ABCs of Decreasing Stress

- A-** Affirmations = Positive Statements= Less Stress
- B-** Be aware of over-scheduling
- C-** Counteract stress with relaxation and stress management techniques
- D-** Deep breathing will decrease anger and anxiety
- E-** Exhale and say *ahhhh....*
- F-** Focus on relaxation and sleep will follow
- G-** Go for a slow family walk
- H-** Hope will decrease anxiety and fear
- I-** Imagine a positive outcome
- J-** Juggle less
- K-** Keep it simple, keep it fun
- L-** Laughter is a stress reducer
- M-** Music calms, soothes, and uplifts
- N-** Negative thoughts can be replaced with positive
- O-** Organizing eliminates chaos and frustration
- P-** Playing is essential
- Q-** Quiet time is part of life
- R-** Relaxation can be incorporated into each day
- S-** Stop the chatter in your head
- T-** Teens or toddler. We all need downtime and coping skills
- U-** Understand that a stressed life means something is out of balance
- V-** Visualizing increases creativity
- W-** Waste time and be happy about it
- X-** XOXO kids, teens, we all relax with a hug or a kiss
- Y-** Young or old can learn stress management
- Z-** Zap stress, anxiety, fear...Live in joy, hope, balance