“Don’t Get Angry”
Angry Bird Bulletin Board:
Stress Management Techniques & Tips
Don't Get Angry

Stress Management Tips

- Write
- Read
- Let your feelings out
- Exercise
- Do something you enjoy
- Use guided imagery
- Meditate
- Breathing exercises

Breathing exercises are another great way to reduce stress. A great technique is the 4-7-8. While inhaling, count to 4, hold your breath and count to 7; and when you're exhaling, count to 8. Make sure you're counting on the same interval!
Write

- Write for 10 to 15 minutes a day about stressful events and how they make you feel.
Let Your Feelings Out

- Talk, laugh, cry, and express your anger when you need to.
- Talking with friends, family members, a counselor, about your feelings is a good way to relieve stress.
Do Something You Enjoy

- This can be a variety of activities.
- Doing something creative helps too.
- Volunteer work is another great way to relieve stress.
- Set aside a little time for yourself and you’ll notice a difference!
Meditate

- During meditation you focus on things that are happening right now.
- A simple way to meditate is to just sit/lie down, relax, and focus on how you are breathing.
Use Imagery

• Imagery is picturing yourself where you would feel the most relaxed; in a field on a sunny day, a beach, a park, anywhere you will feel the calm.
Exercise

- Regular exercise is one of the best ways to manage stress.
- Walking is a great way to get started.
Breathing Exercises

• Breathing exercises are another great way to reduce stress.

• A great technique is the 4-7-8. While inhaling, count to 4. Hold your breath and count to 7. And when you’re exhaling, count to 8.
Reading

• Setting aside some time to read for leisure really can give you some time to unwind and relax.
• It’s important to make sure that you pick something you’d like to read and feel you’d enjoy.