

STRESS BUSTERS FOR FAMILIES

STRATEGIES TO REDUCE STRESS AND FEEL BETTER

Stress is normal and can even be good for us. But too much stress can be bad for our health. There are easy ways to decrease stress and help prevent health problems. The California Surgeon General encourages everyone to build Stress Busters into their daily routine. Put an “X” in the box next to the Stress Busters your family will try. Start small — with just one or two new things you want to try.

SUPPORTIVE RELATIONSHIPS. WE’VE SET A GOAL TO...

- Spend more high-quality time together as a family:
 - Enjoy family meals together
 - Have regular “no electronics” time to talk and connect together
- Spend time with friends and nurture those positive relationships
- Connect with our community:
 - Join a faith-based or cultural organization
 - Volunteer
- Create our own goal: _____

PHYSICAL ACTIVITY. WE’VE SET A GOAL TO...

- Find a type of exercise we enjoy and do it regularly (aim for 30-60 minutes of physical activity at least 3 times a week)
- Take breaks at school, work, and home throughout the day:
 - Take the stairs
 - Do jumping jacks, squats, or pushups
 - Turn on a favorite song and dance
- Create an obstacle course, jump rope, or play hopscotch or four square
- Create our own goal: _____

BALANCED NUTRITION. WE’VE SET A GOAL TO...

- Drink water instead of juice or soda
- Limit high-sugar foods
- Eat at least 5 vegetables and/or fruits every day (fresh or frozen work)
- Choose whole wheat bread and brown rice over white bread or rice
- Choose healthy fats for snacks, meals, and cooking (like unsalted nuts or cooking with olive oil)
- Create our own goal: _____

QUALITY SLEEP. WE'VE SET A GOAL TO...

- Maintain a consistent sleep schedule for the whole family
- Try a relaxing bedtime activity such as reading or journaling
- Unplug from electronics 30-60 minutes before bedtime
- Create our own goal: _____

MINDFULNESS. WE'VE SET A GOAL TO...

- Talk about or write down one thing we are all grateful for each day
- Practice mindful breathing or other calming techniques during stressful situations
- Download a mindfulness app and do a mindfulness activity every day
- Take moments throughout the day to notice how we feel — both physically and emotionally
- Create our own goal: _____

EXPERIENCING NATURE. WE'VE SET A GOAL TO...

- Spend time outside __ times a week — meet up with family or friends to make it fun!
- Go to a local park or trail for a picnic, walk, or mindfulness
- Find a nature program nearby
- Create our own goal: _____

MENTAL HEALTH. WE'VE SET A GOAL TO...

- Talk as a family about how we each feel — including our worries
- Schedule an appointment with a therapist or counselor or keep regular appointments
- If I or my child is in crisis, I will get help:
 - The National Suicide Prevention Lifeline is **988** (text or call) or you can chat online at **988lifeline.org**
 - To reach a crisis text line, text **HOME** to **741-741**
 - The National Domestic Violence hotline is **800-799-SAFE (7233)**
 - The National Sexual Assault hotline is **800-656-HOPE (4673)**
- Create our own goal: _____