



# WAYS TO REDUCE STRESS & IMPROVE HEALTH




## Balanced Nutrition

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- Eat healthy foods to lower stress.
  - Eat at regular meal times and do not skip meals.
  - Limit sugary foods and drinks, fast food, and junk food (including diet sodas).
  - Have lots of fresh fruits and vegetables.


## Physical Activity

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- Stay active every day: 30 minutes of physical activity daily for adults, 60 minutes for children and teens.
  - Do one of these for 20 minutes every day:
    - Dance party, jumping jacks, hula hooping, learn a TikTok dance, power walk around the block, running, biking, yoga, pushups, jumping rope, online Zumba.


## Mindfulness Practices

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- Take some deep breaths when you feel stressed or overwhelmed. Inhale counting to 4, hold it for one second, and exhale counting to 5. Repeat 5 times. Young kids can blow bubbles or blow on a pinwheel.
  - Practice mindfulness, such as meditation, yoga, or prayer for 10-20 minutes every day.
  - Use an app: check out Headspace, Calm, or Mindfulness for Children.
  - Talk about, write out, or draw things you are grateful for each day.


## Time in Nature

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- Spend time in nature to heal, relieve stress and anxiety, and help children do better in school.
  - Visit nature in your own neighborhood, a county or city park, or a beach.


## Quality Sleep

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- Go to sleep and wake up at the same time every day.
  - Read a book on paper every night before bed.
  - No screen time 1 hour before bedtime.

## Supportive Relationships

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- Make time for friends.
  - Have high-quality family time.
    - Make art, have dance parties, cook, play games, play outside together.
    - Eat meals together, with no phones.

## Mental Health Care

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- Keep your own mental health appointments via video or phone calls.
  - Check in on how everyone is feeling, including the adults.
    - **Important Numbers:**
  - National Parent Helpline [1-855-427-2736](tel:1-855-427-2736)
  - 24-hour Suicide Hotline [1-855-278-4204](tel:1-855-278-4204)
  - EMQ Crisis team (they can come to you if there is a crisis) [408-379-9085](tel:408-379-9085)
  - Find a therapist
    - County Behavioral Health Call Center [1-800-704-0900](tel:1-800-704-0900)
    - Valley Health Plan [408-885-4647](tel:408-885-4647)
  - Crisis Text Line [741741](tel:741741)