SIMPLE HABITS TO RELIEVE STRESS A GUIDE TO HELP YOU COPE

<u>WWW.HIA-CT.ORG</u>

Stress can be quite stressing, but there are simple habits to relieve stress before it gets worse. What are they?

Breathing Exercises





















Stress Relief Audio Tracks







Guided Meditation







Happify App



Resources ARPS Free, science-based activities and practices drawn from positive psychology and cognitive behavioral practices to support emotional well-being.



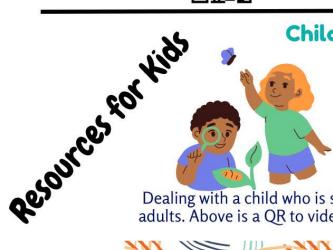
CALM App



Calm is the #1 app for sleep and meditation. Join the millions experiencing better sleep, lower stress, and less anxiety.



Child Mind Institute







Dealing with a child who is stressed is different than using techniques for adults. Above is a QR to videos that can help with a child who is struggling











