

# SIMPLE HABITS TO RELIEVE STRESS

## A GUIDE TO HELP YOU COPE

[WWW.HIA-CT.ORG](http://WWW.HIA-CT.ORG)

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

### Breathing Exercises



### Posture & Stretching



### Yoga



### Stress Relief Audio Tracks



### Guided Meditation



## Resources/APPs

### Happify App



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.



## Resources for Kids

### 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

