

Exercise Regularly Together

This releases natural feel good chemicals that can:

- reduce stress and anxiety
- help you to sleep better
- improve self-image



Listening to Music

Try playing slow-paced instrumental music in the home as it can:

- lower blood pressure and heart rate
- reduce stress hormones



Deep Breathing

Sit comfortably, try to notice:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 deep breath



Gratitude Journal

Try keeping a family gratitude journal.

Writing down something you are grateful for together each day can help to relieve stress by focusing on and sharing positives.



5 TIPS FOR FAMILIES

Reduce Caffeine

High quantities of caffeine can increase stress. If you notice it is making you feel restless, cut back. Less caffeine may also help you to sleep better.



.... to help reduce stress and anxiety for young people....