

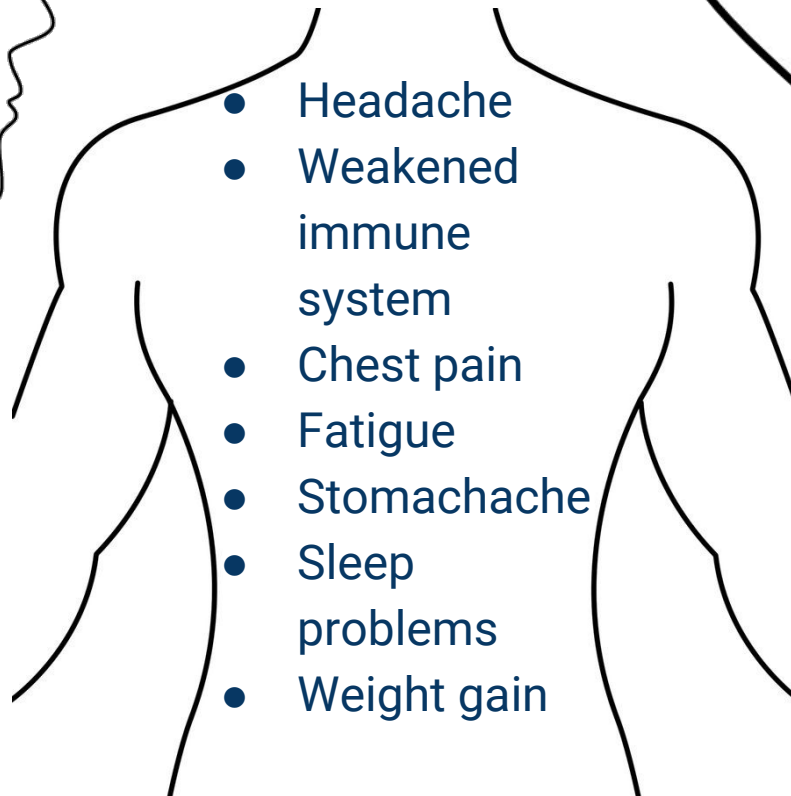
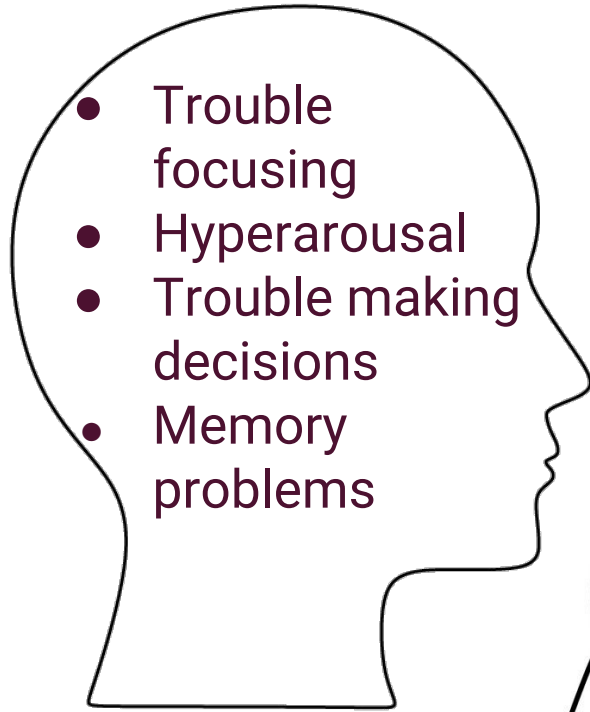
# Under Pressure: Stress Reduction for Everyone

**Kat Baugh, M.S., LPC  
Student Assistance Coordinator**

# Under Pressure?



# Effects of Stress



# Find Your Band Aids

## Diversions:

- Writing or art
- Music
- Take a shower or a bath
- Gardening
- Take a walk, or go for a drive
- Watch TV or a movie
- Play a game
- Clean or organize
- Read

## Social/Interpersonal Coping:

- Talk to someone
- Set boundaries
- Write a note to someone you care about
- Laugh with someone
- Serve someone in need
- Play with a pet
- Role-play challenging situations
- Encourage others



# Find Your Band Aids

## Cognitive Coping:

- [Make a gratitude list](#)
- Brainstorm solutions
- Write a list of goals
- Write a list of pros and cons for decisions
- Write a list of strengths
- Say “no” to something
- Prioritize important tasks

## More than Band Aids - Ongoing Healthy Habits:

- Meditation
- Volunteer
- Be involved with faith community
- Stick to a routine
- Sleep
- Limit caffeine
- Practice deep breathing







Have  
to...

OR

Get  
to...

# Helpful Apps

- **Headspace**
  - Audio-guided meditations and mindfulness exercises
- **Calm**
  - Guided meditation sessions, soothing nature sounds, calming music - especially helpful for falling asleep
- **Breathe2Relax**
  - Walks through specific breathing patterns to combat stress
- **Gratitude Journal**
  - Provides prompts each day to note what you're grateful for
- **Stop, Breathe & Think**
  - Education about mindfulness and guided meditations



[baughk@friscoisd.org](mailto:baughk@friscoisd.org)