April is Stress Awareness Month

As April is here we are well into the year! When it’s April we think, flowers, bright colors new growth, Spring is here, and we are almost done with the school year! April is also a month we should focus on for other reasons. As the last 2 years have had a huge impact on everyone by changing our lives in many ways, it brought more awareness and concern to such a strong powerful word, stress.

We all have our own levels of stress and are stressed in some way. Every age, every person has some amount of stress in their day and life. With the impact of the pandemic, school stressors have increased significantly for not only the students but staff and parents as well. Kids in school are stressed because of their social anxiety/phobia (due to them not being allowed to be around people and solely relying on electronics for a means of communication). The kids/parents/teachers have a huge workload we all have to accomplish in a day and week. We all worry about being on time, trying to be the best that we can at what we do, and just worrying about what our daily schedules consist of. Stress can do damage on your mind and your body and in turn can cause health problems if you don’t take care of it.

In thought and hope, let’s make a pack to do better for ourselves and do one thing a day/week to help reduce our stress level and feel better about ourselves. We are our most important priority in our lives!

Here are 8 ways to help deal with stress in a positive way!

1. **Music** - Music soothes the soul! Help relax your mind!
2. **Take a walk** - when taking a walk, add weights to your walks to help get rid of the negative energy that is in your body.
3. **Sing/Dance/Write** - bring out the positive you!
4. Watch what you eat- eating healthy can have a positive impact on not just your body but your mind and soul as well.
5. Get it off your Chest- talk, talk, talk and more talk. That is the best way to get it out and feel better!
6. Just breathe- deep breaths clears your mind, good for your lungs and opens your thoughts!
7. Sleep- Good night’s rest is what is best!
8. Don’t overlook yourself!!!!- Most important, take care of you, focus on you and what you need!