



WELLNEWS

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Stress Management & Emotional Balance

What is Stress Management?

Stress management is the ability to recognize when you're feeling overwhelmed and use healthy strategies to cope. For students, this means balancing school, activities, friendships, and responsibilities in a way that supports both mental and physical well-being.

Learning how to manage stress helps students feel more in control, confident, and prepared to handle challenges.

Why Does It Matter?

Stronger Emotional Resilience:

Students build the ability to “bounce back” from setbacks and challenges.

Healthier Relationships:

Managing stress reduces irritability and improves communication with friends and family.

Better Overall Well-Being:

Chronic stress can impact sleep, mood, and physical health. Healthy coping protects long-term wellness.



STRATEGIES FOR EMOTION REGULATION

SELF-HELP TOOLS



- **Pause & Breathe:** Try box breathing (inhale 4 seconds, hold 4, exhale 4, hold 4).
- **Body Check-In:** Notice where you feel tension and gently stretch or relax those muscles.
- **Break It Down:** Turn big tasks into smaller more manageable steps.
- **Digital Reset:** Take short breaks from screens and social media.
- **Positive Self-Talk:** Replace “I can’t do this” with “I can take this one step at a time.”
- **Movement Matters:** Walking, stretching, or playing sports helps release stress naturally.

HOW FAMILIES CAN HELP



- **Create Calm Routines:** Consistent bedtime, homework time, and family check-ins help reduce stress.
- **Listen First:** Allow students to share without immediately trying to fix the problem.
- **Normalize Stress:** Let students know it’s okay to feel overwhelmed sometimes and that support at home is available.
- **Encourage Balance:** Help students balance academics, activities, rest, and fun.



Helpful Resources: Headspace App & Calm App