

Ideas for Managing Stress: Calming Your Mind and Body During COVID-19



Betsy Mierzejewski, School Social Worker
bmierzejewski9734@columbus.k12.oh.us

Predictability and Routine



Adults and particularly children function better during stressful times by having a daily routine and knowing what to expect as much as possible. To reduce stress and anxiety:

- Try following a daily schedule of mealtimes, work, play and relaxation.
- Keep a consistent bedtime and time to wake up.
- Set a small goal each day. For example, finishing a class assignment, putting away your laundry, doing some type of exercise.
- Limit unpredictable interruptions as much as possible.
- Do something positive each day. Talk to your friends, walk outside, make a good meal.

Ideas for Reducing Stress Physically

Some people need to do something physical to help reduce stress and anxiety. This especially true of children who might not be able to express how they are feeling but can work it out physically.

- Go for a run/walk around the block.
- See how many push up, sit ups, and jumping jacks you can do.
- Jump rope.
- Turn up the music and have a dance party.
- Do housework.
- Go for a bike ride.
- Try yoga. There are many videos on YouTube.



Ideas for Quieting Your Mind

When we have a lot going on in life and our mind is working overtime we may need some quieter activities to help us to slow down and relax our mind. These can also be a good way to relax before going to sleep.

- Write a journal of your thoughts, feelings and experiences of the day.
- Coloring books for adults and children.
- Read.
- Sit with your eyes closed, breathing deeply and focus your mind on the sounds that you hear. This is a great thing to do outside.
- Listen to calming music or sounds. Some good apps for calming sounds are Atmosphere, Calm, and Ambience.

Things to Keep in Mind

- One size does not fit all. What reduces stress and anxiety for one person does not work for another. Find what fits for you and your life.
- What works for you when you are at home may not be something you can do at work or school. Have multiple stress relievers that work for you and can be done wherever you are.
- Stress is a normal part of life and especially at this time when we are experiencing something very abnormal. Be kind and patient with yourself.

If you have questions or concerns please contact me,
Betsy Mierzejewski, School Social Worker at
bmierzejewski9734@columbus.k12.oh.us