

SIMPLE HABITS TO RELIEVE STRESS

A GUIDE TO HELP YOU COPE

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Stress can be quite stressing, but there are simple habits to relieve stress before it gets worse. What are they?

Breathing Exercises



Posture & Stretching



Yoga



Stress Relief Audio Tracks



Guided Meditation



Resources/APPs

Happify App



Free, science-based activities and practices drawn from positive psychology and cognitive behavioral practices to support emotional well-being.



CALM App



Calm is the #1 app for sleep and meditation. Join the millions experiencing better sleep, lower stress, and less anxiety.



Resources for Kids

Child Mind Institute



Dealing with a child who is stressed is different than using techniques for adults. Above is a QR to videos that can help with a child who is struggling

