Reducing Stress In Schools
A Gateway to Healthier Teachers, Students and Families

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The Stress Coach
TRAINING IN NEW YORK CITY SCHOOLS

MENTAL HEALTH CONSULTANTS

ADMINISTRATORS AND STAFF

TEACHERS

FAMILIES

STUDENTS

HEALTH EDUCATORS
dot calm.me tracks your stress level and tells you when and how to relax

- peel and stick the Biodot stress monitor on the skin between your thumb and index finger
- turn the card over to read your stress level and relax right away
- wear your dot throughout the day and keep it on this card when not in use
- dry dots work for weeks!

Access free relaxation tools on demand at www.dotcalm.me
Quick Calm
1 inhale deeply and hold for four seconds
2 think *I am warm*
3 exhale and think *I am calm*
4 repeat three times with eyes closed

Tranquilidad Rápida
1 Aspire profundamente y sosténgalo por cuatro segundos
2 Piense, *Estoy calientito*
3 Espire y piense, *Estoy tranquilo*
4 Repita tres veces con los ojos cerrados
“Good morning, let’s do Quick Calm.”
The Tranquilizer
1 inhale and make tight fists
2 hold for four seconds
3 exhale, relax hands and feel tension dissolve
4 repeat with muscle groups throughout body

El Tranquilizante
1 A aspire y cierre los puños
2 Sostén galos por cuatro segundos
3 Espire, relaje las manos y sienta como la tensión desaparece
4 Repita con los diferentes grupos de músculos del cuerpo
The Tranquilizer

1. Inhale, make tight fists
2. Hold for 5 seconds
3. Exhale, relax hands
(Repeat above with other muscle groups: stretch arms to sky, touch chin to chest, etc.)

Quick Calm

1. Inhale, hold 5 seconds
2. Think I am warm
3. Exhale, think I am calm
Repeat 3 times, breathing normally for 5-10 seconds between each deep-breathing set.

Use Instant Vacation

- To feel less nervous and anxious
- After a tough day or situation
- When you need a break
- To clear your head
- If you feel overwhelmed
- For a better mood
- To fall asleep

Use The Tranquilizer

- For headache prevention
- When your neck, back and shoulders feel tense
- Before bed to fall asleep faster
- To reduce anger and frustration
- Instead of overeating and smoking
- For deep, full-body relaxation

Quick Calm

- For rapid heartbeat and breathing
- You're feeling overwhelmed
- Try to get focused
- You're anxious
- Your mind
- Of fighting
- Commute
- Presentation
- Anger

SCHOOL MENTAL HEALTH

- The Stress Coach
Instant Vacation
1 close your eyes
2 imagine you are on a quiet beach or hilltop
3 feel the sun warm your hands, feet and body
4 stay here and relax

Vacaciones Instantáneas
1 Cierre los ojos
2 Imagínese que está en una playa tranquila o una cima
3 Sienta que el sol le calienta sus manos, sus pies y su cuerpo
4 Quédese aquí y relájese
YOUR INSTANT VACATION

Use words like those to guide your imagination:

imagine, picture, feel, touch, listen, hear, smell, see, look, taste, go, run, remain
rest, relax, time to, enjoy, tolerate, experience, appreciate, run, think, look, watch, smell, walk, return, lay, sit, all these actions ought inside, dwell within, dream

Close your eyes.

Take a few deep breaths, letting the stress and tension leave your body each time you exhale.

If your day just stressed or is almost over, you are here now. Become very sensory; allow your self to feel what your clothes feel like on your body. What it feels like to be on the chair you are sitting in. Everything you need to do will get done. Thoughts will pop up, don’t judge them look at them - they are like clouds floating by. Imagine you are on a beach, think.

In a few minutes, you will leave this journey, but this is a trip you can take wherever you want to relax or get away.

Slowly replace thoughts about this journey with images of what you will see when you open your eyes.

Easily begin to count down from 10, 10, 5, 5.

When you reach 1, slowly open your eyes.
Stress Reduction Opportunities in School

- Before class or meeting begins
- Before a test
- After recess or lunch
- At start of an assembly
- With stressed students
- Before an athletic activity
- To help a friend
- To diffuse an argument or fight
Calmcast App

My Notes
Health Rewards
Badges
Sonic Spa
Videostream
Instacast
Teaching Assistant
About
Contact

ACTIVITY AT A GLANCE
1. Explain that Quick Calm is a deep-breathing exercise
2. Explain when Quick Calm can be used
3. Lead students through the Quick Calm technique

Discussion Questions
1. What kind of technique is Quick Calm?
2. What is the purpose of QC?
3. In what kinds of situations would QC be helpful?
Download Calmcast

Username: (anything)
Password: austin2019
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