

Reducing Stress In Schools

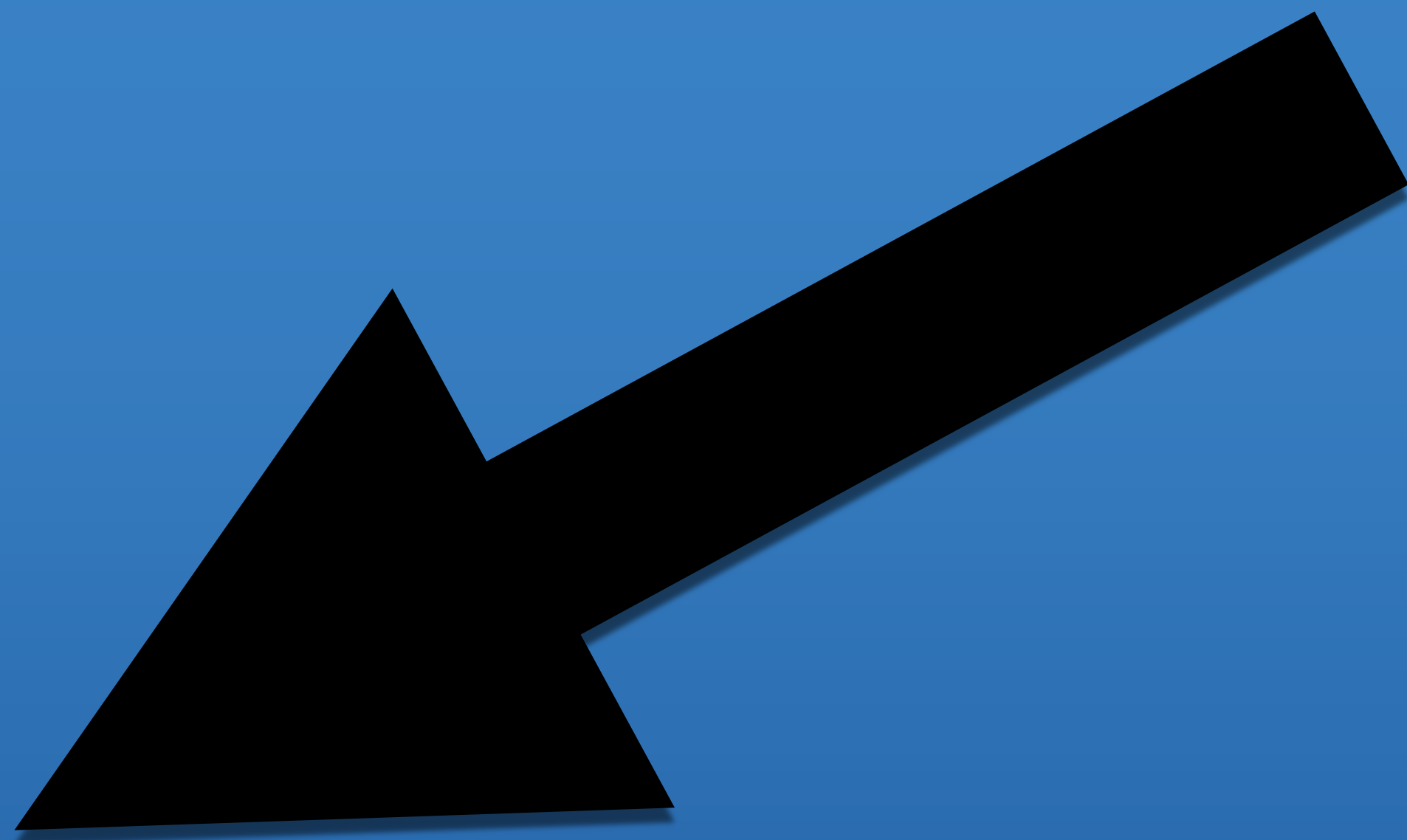
*A Gateway to Healthier
Teachers, Students
and Families*

Presented by Jordan Friedman

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●●● The Stress Coach





TRAINING IN NEW YORK CITY SCHOOLS

**MENTAL
HEALTH
CONSULTANTS**

**ADMINISTRATORS AND
STAFF**

TEACHERS

FAMILIES

STUDENTS

**HEALTH
EDUCATORS**

STRESSES





very stressed

stressed

unsettled

thinking

relaxing

calm

very calm

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 calentito*
- 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 Aspire y cierre los puños
- 2 Sosténgalos por cuatro segundos
- 3 Espire, relaje las manos y sienta como la tensión desaparece
- 4 Repita con los diferentes grupos de músculos del cuerpo

Instant Vacation

- 1 Close your eyes
- 2 Imagine you are in a calm, enjoyable place
- 3 Picture and sense your surroundings
- 4 Relax here and slow return when ready

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

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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.)

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

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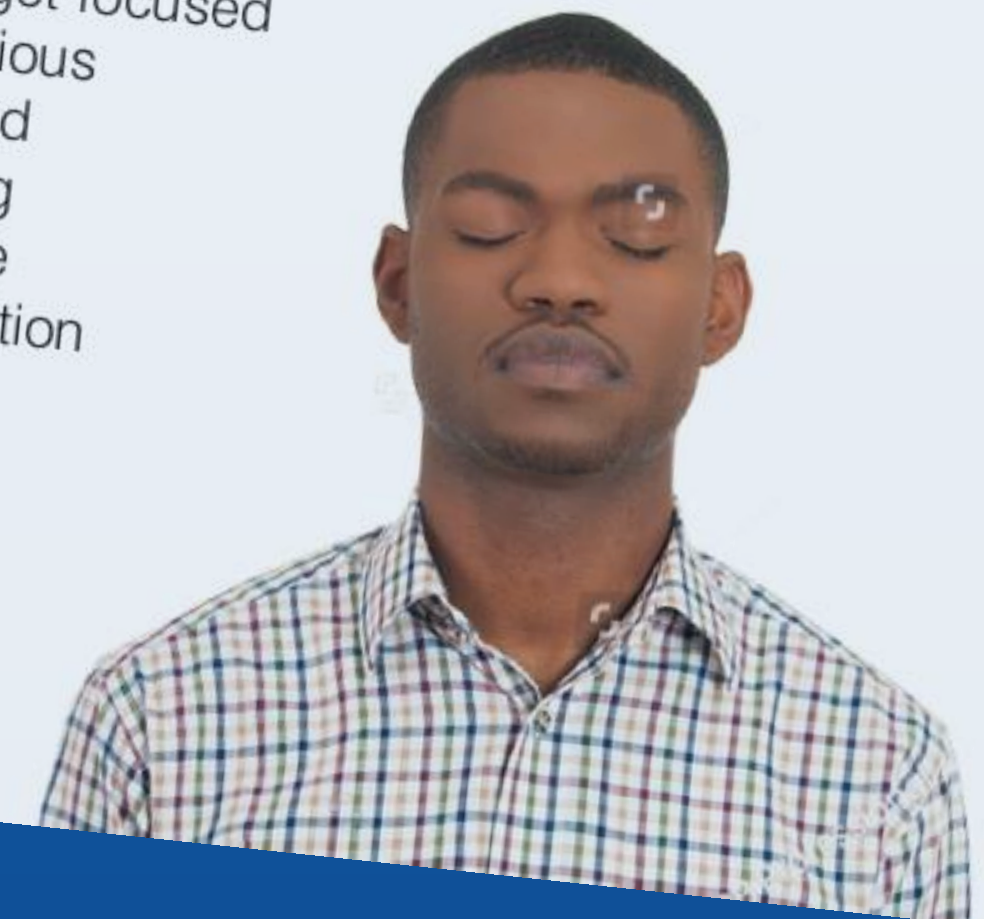


Quick Calm

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.

Quick Calm

Use Quick Calm when you experience a rapid heartbeat and breathing you're feeling overwhelmed, before a test to get focused, when you're anxious, to clear your mind, before a fight, during a commute, before a presentation, or to reduce anger.



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 these to guide your vacationers:

imagine, picture, feel, touch, listen, hear, smell, see, look, taste, go, stay, remain, rest, take, take in, enjoy, remember, experience, appreciate, ride, float, flow, reach, climb, walk, return, lay, lie, sit, relax, exhale, laugh, smile, love, wish, 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 started 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, dont judge them, look at them- they like they like are clouds floating by. Imagine you are on a beach, think

In a few moments, you will leave this journey, but this is a trip you can take whenever 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, 9, 8.

When you reach 1, slowly open your eyes.



Stress Reduction Opportunities in School

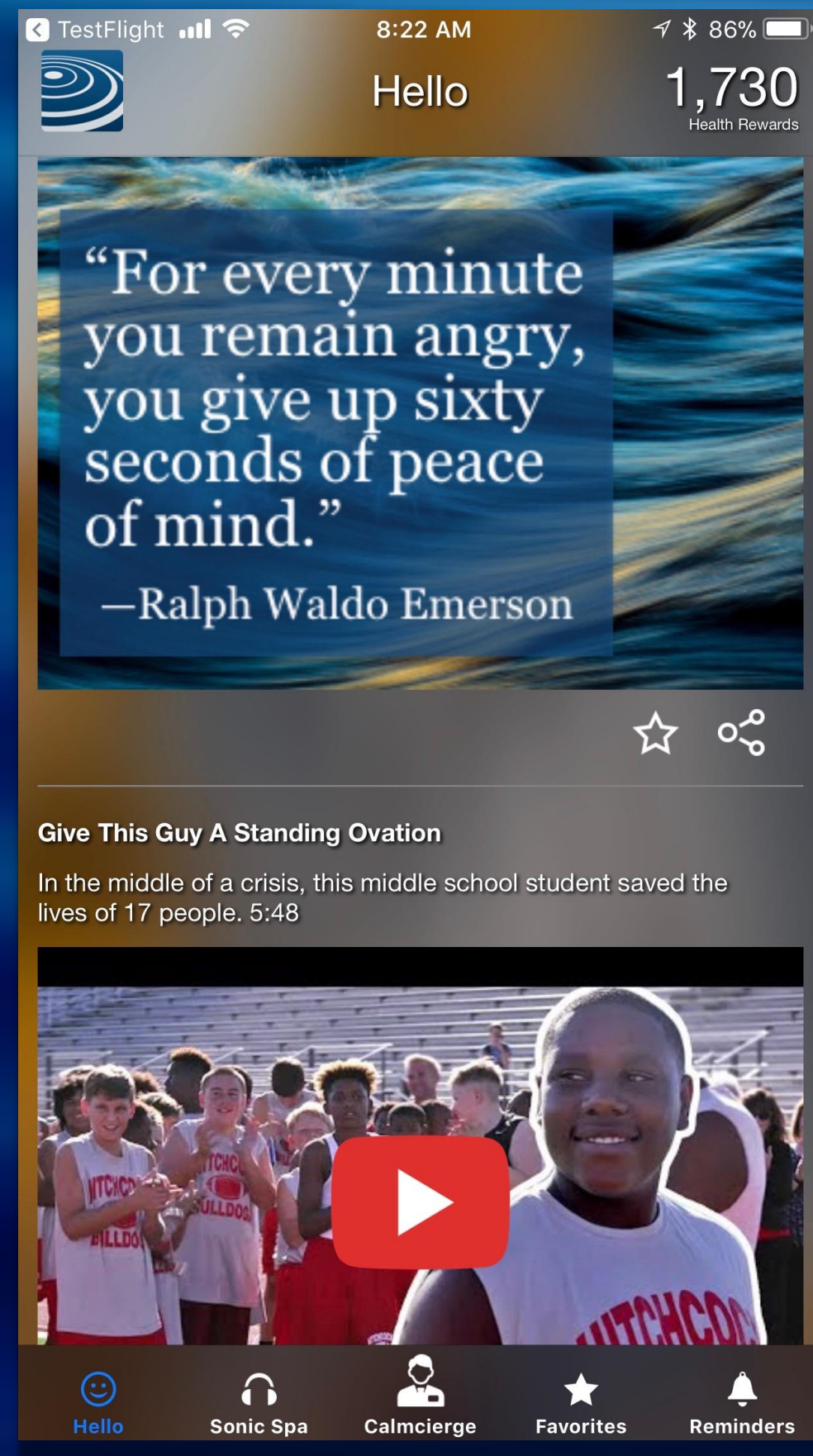
- Before class or meeting begins
- Before a test
- After recess or lunch
- At start of an assembly
- With stressed students
- Before an athletic activity
- To help a friend
- To diffuse an argument or fight



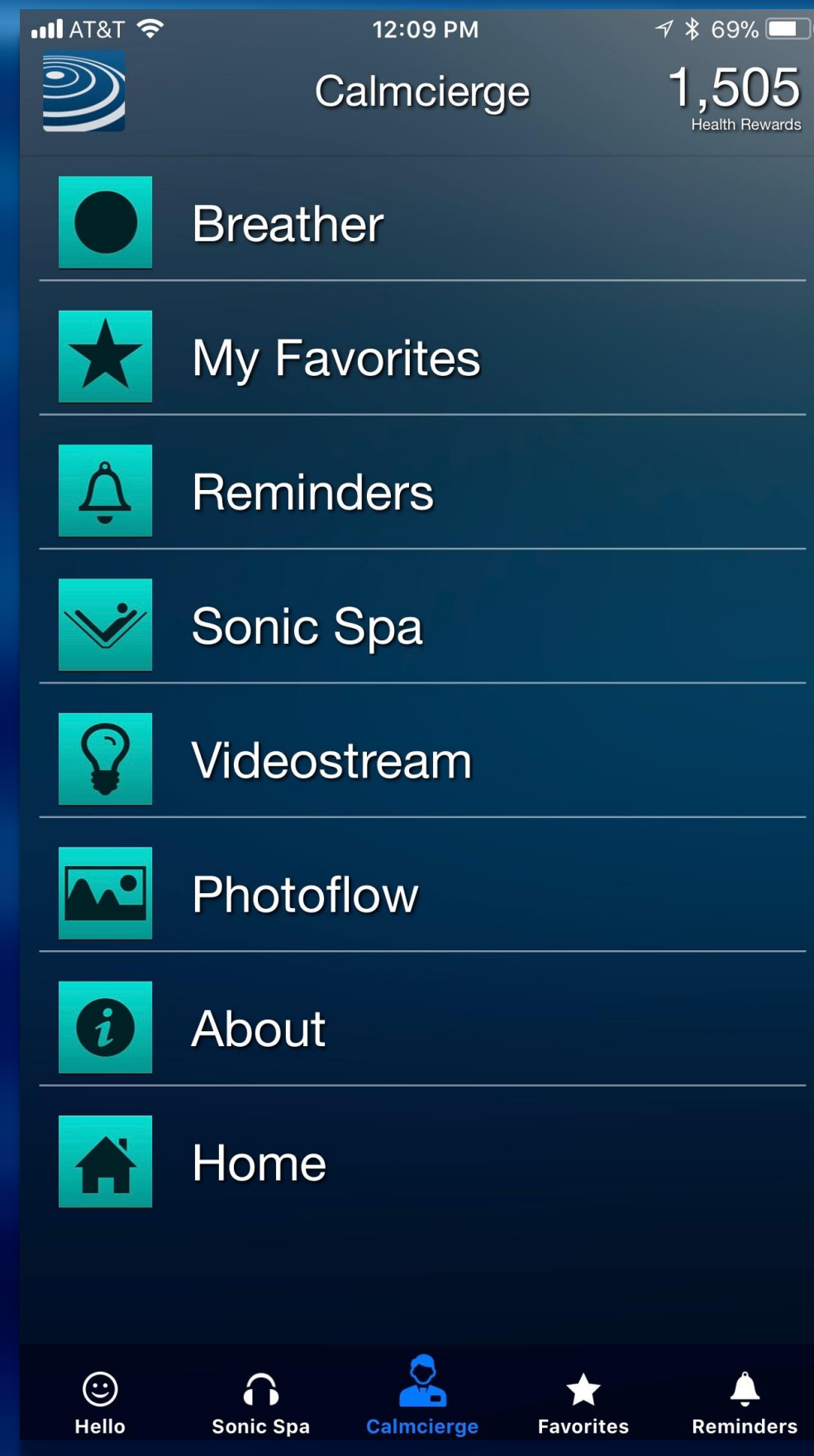
Calmcast



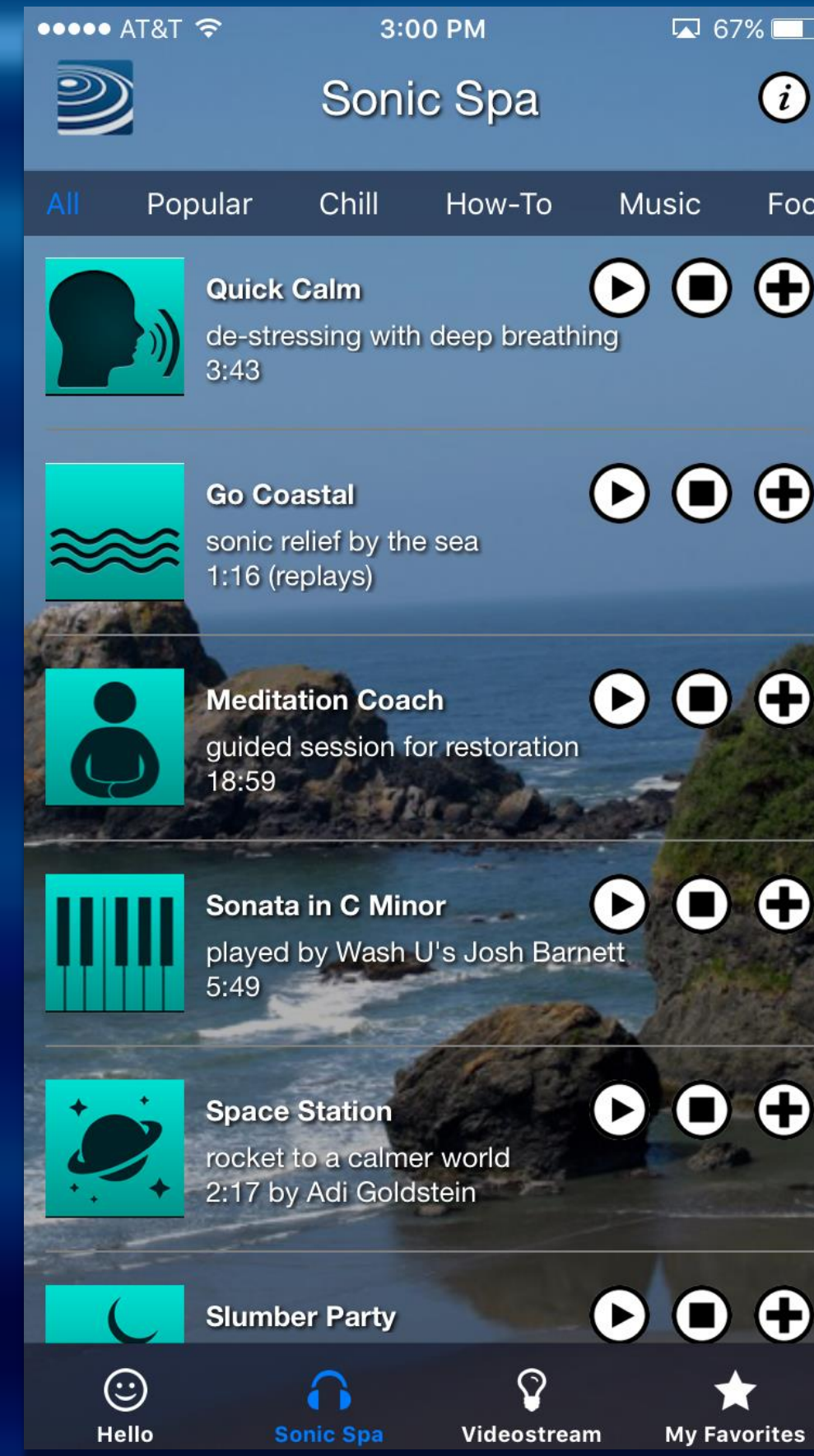
Calmcast App



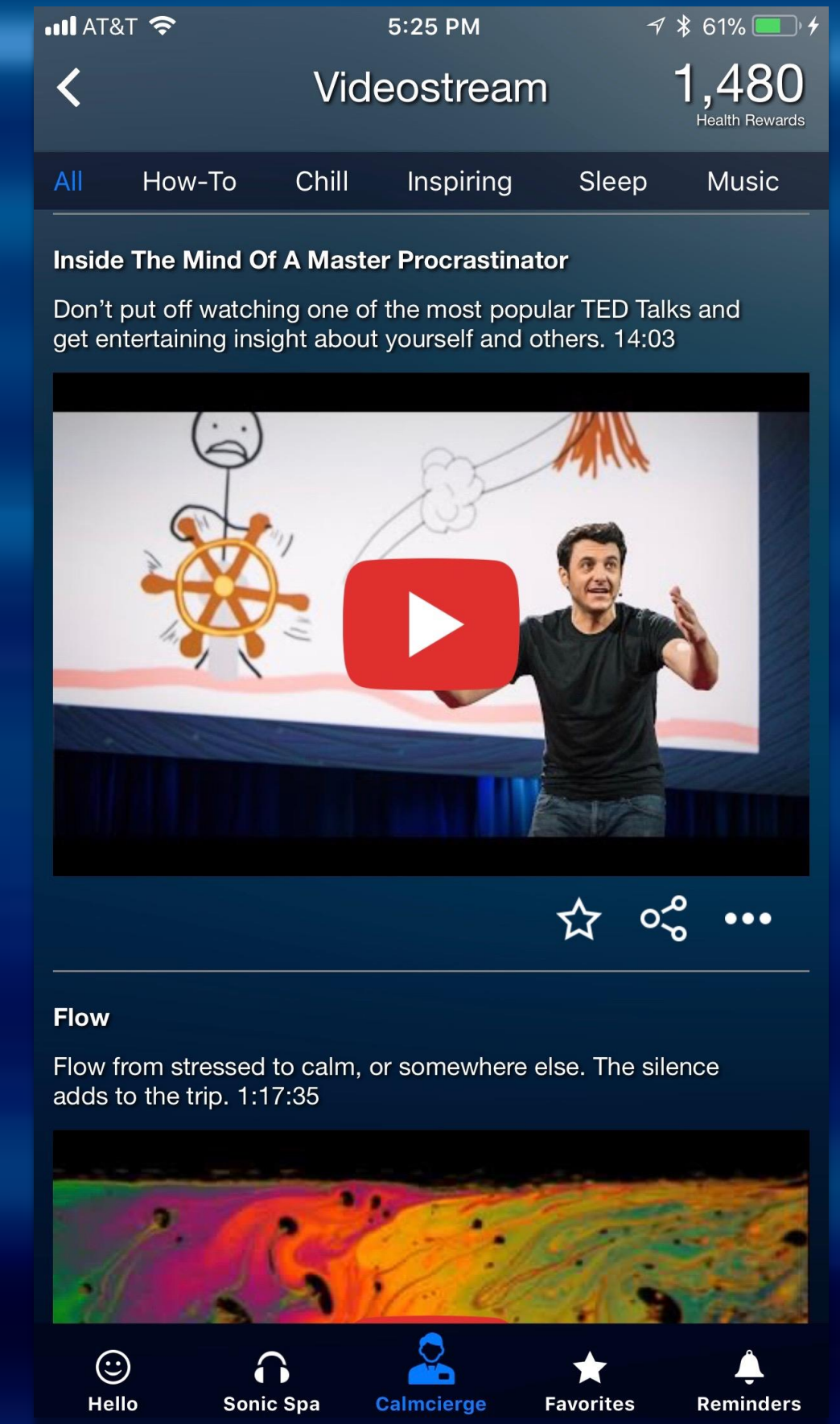
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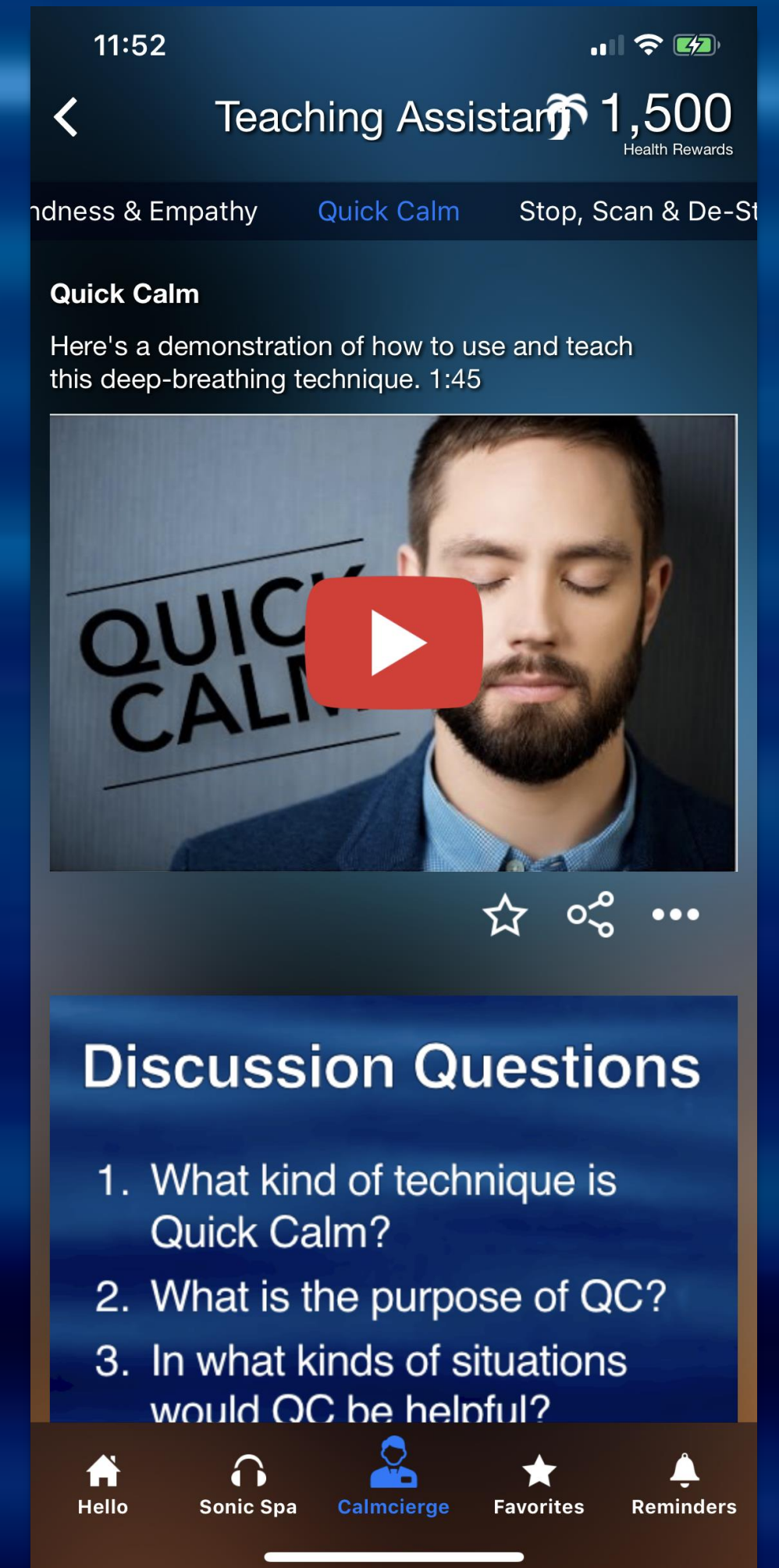
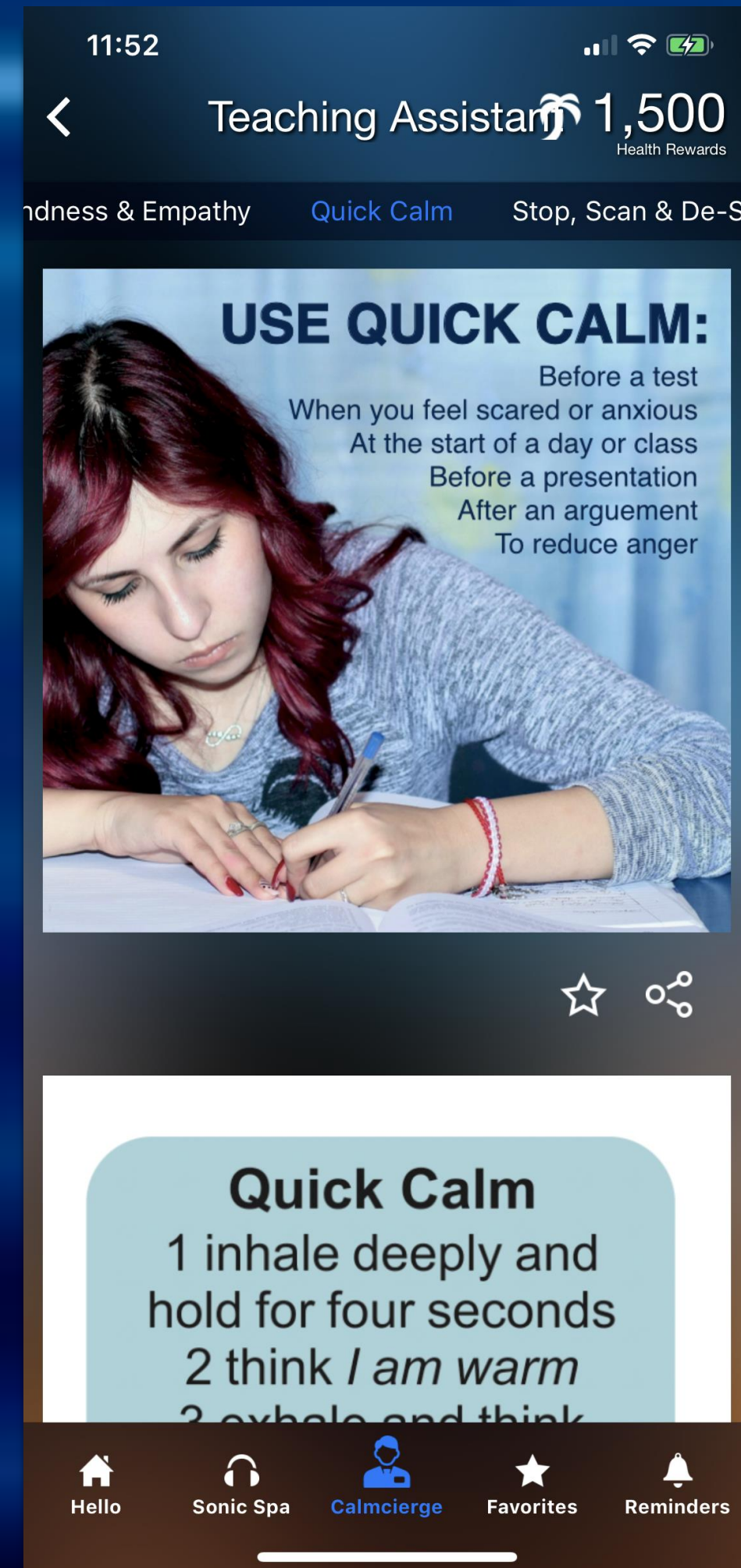
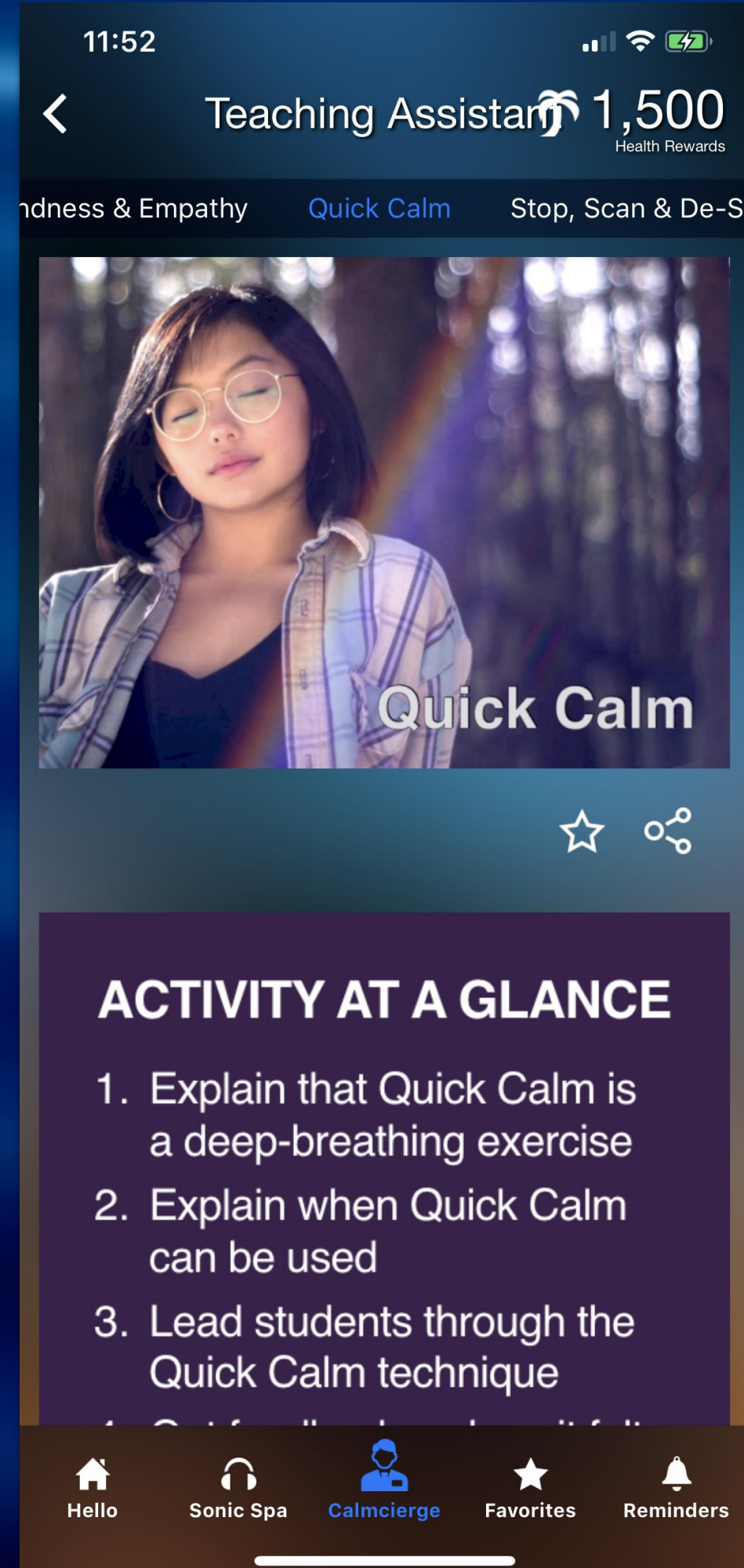
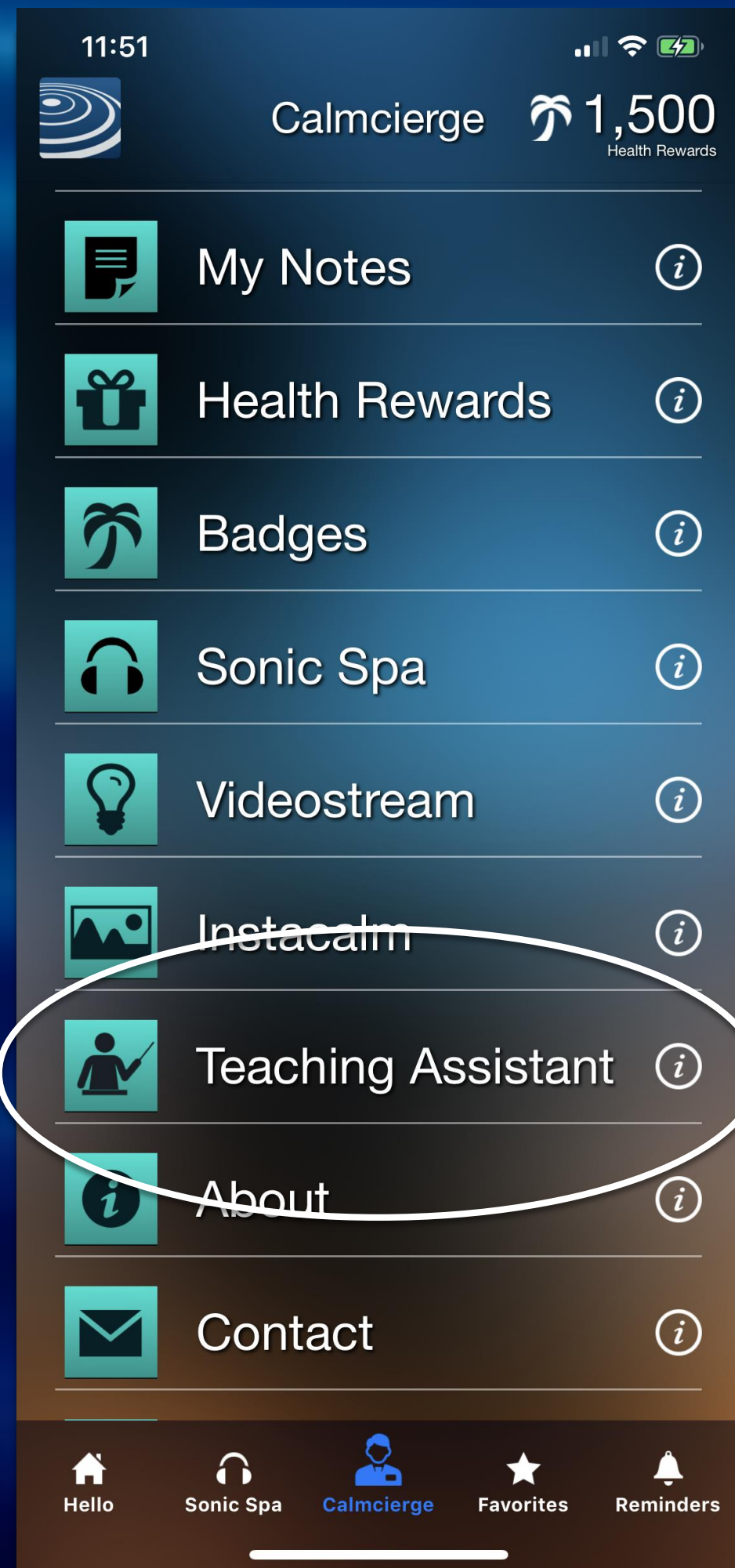
Sonic Spa



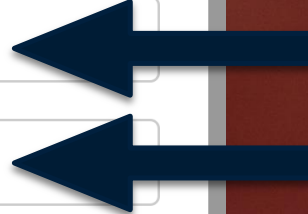
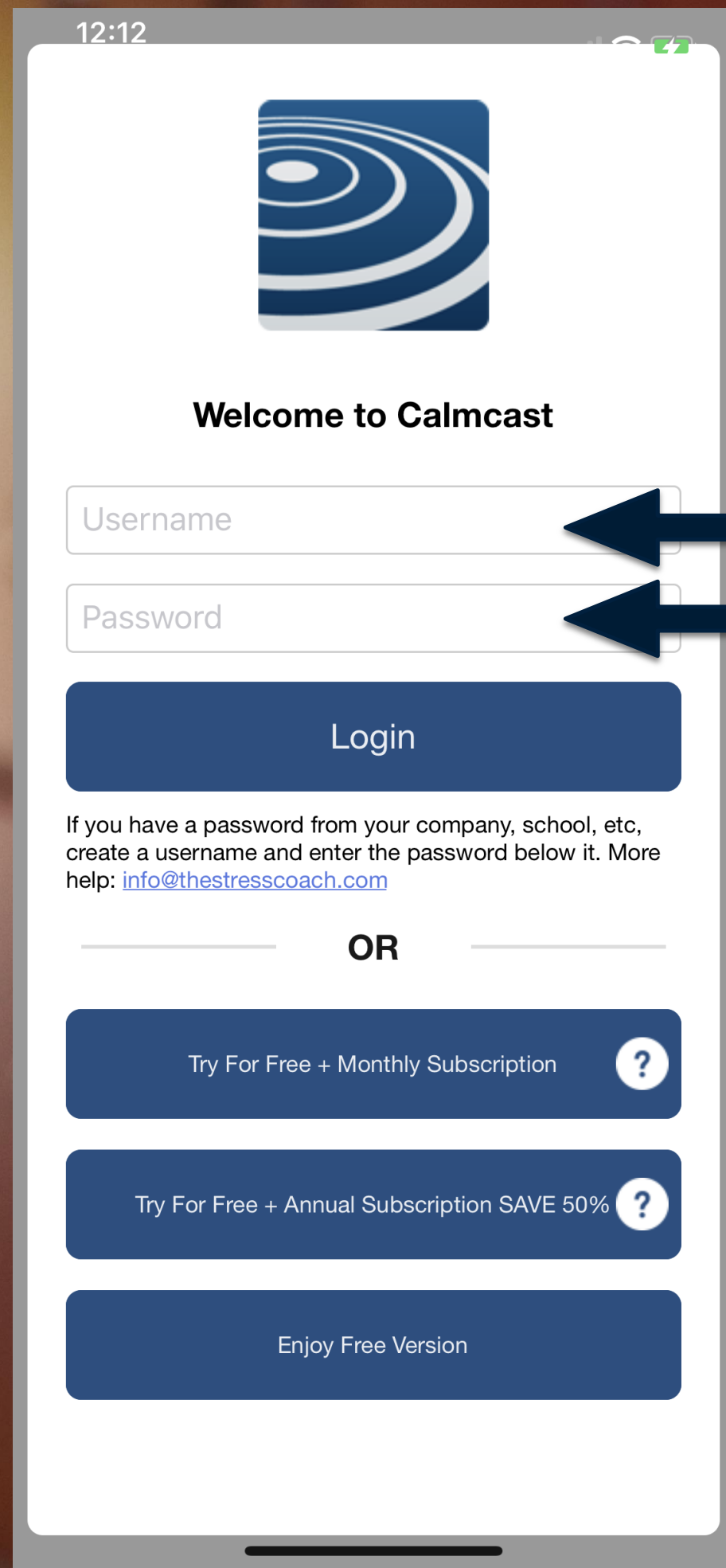
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