

Anxiety and Stress Management

DIIPCS
Awareness
Card

Reducing
Stress in the
Classroom

Feelings of stress and anxiety are a part of life. However, when stress and anxiety exist for an extended period of time, they can become a burden or even a health risk. This why we should all recognize and understand feelings of stress and anxiety and learn how to manage them so that they don't become overwhelming.

Ways can Help Students to manage their Anxiety and stress

- Get Enough Sleep.
- Exercise Regularly
- Take Calming Breaths
- Get Organized.
- Eat a Healthy Diet.
- Use Positive Thinking and Affirmations.
- Plan breaks to do things that aren't school-related.
- Practice asking teachers and other adults for help.
- Break large assignments into smaller, more manageable tasks.

- Keep Communication Open
- Keep humor and laughter in the classroom
- It's important to acknowledge student effort.
- Teachers need to allow for social connectivity within the classroom
- Visualize a successful performance with students.