

Try turning back to school stress into back to school success!

# Stress Busters

1. Show kindness and have patience with others.
2. Try not to take things personally.
3. Get your information from reliable sources.
4. Unplug from news and social media.
5. Focus on what you can control.
6. Get regular sleep, nutrition, and exercise.
7. Take deep breaths to help your brain recover from stress.
8. Do fun things with your kids each day.
9. Reach out to supportive family, friends, and neighbors.
10. Seek professional help if you need it.

Call or text  
Disaster Distress Helpline  
1-800-985-5990

