

## Exercise Regularly Together

This releases natural feel good chemicals that can:

- reduce stress and anxiety
- help you to sleep better
- improve self-image



## Listening to Music

Try playing slow-paced instrumental music in the home as it can:

- lower blood pressure and heart rate
- reduce stress hormones



## Deep Breathing

Sit comfortably, try to notice:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 deep breath



## Gratitude Journal

Try keeping a family gratitude journal.

Writing down something you are grateful for together each day can help to relieve stress by focusing on and sharing positives.



## Reduce Caffeine

High quantities of caffeine can increase stress. If you notice it is making you feel restless, cut back. Less caffeine may also help you to sleep better.



# 5 TIPS FOR FAMILIES

.... to help reduce stress and anxiety for young people....