

CIS EARLY COLLEGE WELLNESS CORNER



WELCOME!

Hello from the CIS Early College Wellness Corner! We are using this resource newsletter to continue to serve our school communities as we navigate this school year. We hope you find this helpful!

The topic for this edition is: **STRESS MANAGEMENT**

If you're living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life.

GOAL: Stress management gives you a range of tools to reset your alarm system. It can help your mind and body adapt (resilience). Without it, your body might always be on high alert.

Stress Management tips:

1. Turn a negative Talk into positive Talk

I can't do this → **I've got this! I will do the best that I can**

Everything is going wrong → **I can handle this one step at a time**

2. Learn a stress stopper that works for you

Counting to 10, Deep breathing, Meditation, Listening to music, walking

3. Create more time for what you ENJOY!

Dancing, Drawing, Yoga, singing, meeting w/ friends, reading a book

4. Virtual Calming Room: Online calming techniques that can assist with stress while in your home.

NEED TO TALK?



Cameshia Miller, MSW
Challenge Early/ HAIS
cmiller@cis-houston.org



Jennifer Connatser, LMSW
North Houston Early
jconnatser@cis-houston.org

If you or someone you know is experiencing anxiety or distress, these helplines are available **24/7**:

NAMI Gulf Coast Helpline: **1-800-950-6264** <https://namigulfcoast.org/>
National Text line: Text **CONNECT** to **741741** National Suicide

Prevention Lifeline: **1-800-273-8255**

Gulf Coast Center 24 Hour Crisis: **1-866-729-3848** <https://gulfcoastcenter.org/>
SAMHSA's National Helpline: **1-800-662-HELP (4357)**