Stress Management Resources

When you see signs of stress in yourself, you need to take action. Use the resources below to learn more about ways to manage stress and promote wellness in your life. You may also want to share some of these resources with families of children in your care.

Harvard Health Publications, Harvard Medical School: 10 simple steps to help de-stress
http://www.health.harvard.edu/healthbeat/10-simple-steps-to-help-destress

Center for Early Childhood Mental Health Consultation: Relaxation Exercises
http://www.ecmhc.org/relaxation_exercises.html

MindTools: Managing Stress

Mayo Clinic: Stress relievers: Tips to tame stress

HelpGuide: Relaxation Techniques for Stress Relief
http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm

Vanderbilt University: Health & Wellness
http://healthandwellness.vanderbilt.edu/ql/skill-set.php