



FOREST COUNTY POTAWATOMI  
*Keeper of the Fire*

## Stress Management Resources

April 09, 2020

Hello All,

We want to bring you a few resources to help during this time.

We provided options to relieve stress and promote wellness while you may be feeling “cooped up” at home.

Please know we are thinking about you all and miss seeing your faces. We hope this pandemic will resolve soon, so we can get back to serving all of our students.

Stay healthy and stay home!

Take care,  
Your Friends at FCP Education



## Online Resources

Online resources may be the easiest options during this time, therefore we found some awesome online sources for you to turn to when you’re feeling stress, overwhelmed, or are just looking for something new to try!



[Brain Mind](#) ←click here

This site offers a variety of sources to manage this stressful time. They offer direct counseling, meditation, home exercise, mood-boosting apps, social media, government resources, online classes, and podcasts! Basically, and all in one resource just one click away!

## **Some Good News: John Krasinski (Jim- The Office)**

For many of us, the news can make this time even more stressful, therefore, John Krasinski took this time to bring “some good news” to us all, as there is still so much good happening right now. Below are the links to episode one and two, but be on the lookout for more coming in the future.

*click here*



[Episode 1](#)

[Episode 2](#)

*To be continued*



## **Watch Disney Movies FREE!**

*click here* → [Cornel1801.com/disney/movies.html](http://Cornel1801.com/disney/movies.html)

[Ambient-Mixer.com](http://Ambient-Mixer.com) ← *click here*

A website where you can make your own background music to relax, study, or clean! You can also listen to premade mixes such as: Ravenclaw Common Room, Autumn Forest, Belle’s Library, & Perfect Storm.

## **Exercise Opportunities**

*click here*



[Forest County Coalition on Activity & Nutrition \(CAN\)](#): This group has fun activities and they are right there in Forest County!

*Follow them on Facebook @ForestCountyCAN to keep updated on current events.*

**Crisis Text Line** - text ‘HOME’ 741741 to message an online counselor.

3

### Roller Blade



### Jump Rope



### Bike Ride



## Get Outside

[10 Ways to Relax in Nature](#) ← *click here*

Follow this link to find all the beautiful [Forest County Hiking Trails](#) ← *click here*

Do some yard work

## Apps on Your Smartphone

Breathe - free app

Balance: Meditation - free app

Calm - free trial



*Hey, Here's another IDEA for RELAXATION*

\* Take a shower, drink water,

\* Try a new recipe, have some comfort food, eat healthy foods

\* Read your **favorite book** or a **new one!**

*(There are plenty of free books online if you do not want to purchase)*

\* Write (a poem, a story, a song, journal, send a letter to someone)

\* Listen to music, listen to a podcast or book (audible)

\* Games (mazes, puzzles, board games, cards)

\* Create art (draw, color, paint, photography, photo journal)

**Crisis Text Line** - text 'HOME' 741741 to message an online counselor.

## CONNECT

- \* Video chat a friend or family member
- \* Schedule a conversation with your teacher or school counselor
- \* Practice spirituality

### *Practice Gratitude*

- \* Instead of saying “I have to \_\_\_\_\_ ” try saying “I get to \_\_\_\_\_” see if that changes your perspective.
- \* Start each morning with saying 5 things you are grateful for and end each night with saying 5 more things you are grateful for before bedtime. You can start with less and work your way up.
- \* Do an act of kindness without expecting anything in return

## Self-Reflection Tools

[My Personal Stress Plan](#): Use this tool to help identify stressors in your life and how to deal.

↑  
*click here*

“When ‘i’ is replaced by ‘we’ even ‘**illness**’ becomes ‘**wellness**’” - Malcolm X

### 8 Dimensions of Wellness



**Crisis Text Line** - text 'HOME' 741741 to message an online counselor.