



UNIT THREE >>> STRESS LESS—BREATHE EASY

Dear Parents,

WHAT'S HAPPENING ///

This unit is titled **STRESS LESS—BREATHE EASY**. We all have times in life when we feel stressed and anxious. When we are stressed it affects our minds, emotions, and bodies. During this month's third Friendzy unit, we will be equipped with tools to use as we work through stress and uncertainty as it comes.

Catchphrase (main point for students to catch on to):

“Stress Less—Breathe Easy”

Key Verse (Biblical anchor points):

Matthew 6:26-27

“Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?”

1 Peter 5:7

“Give all your worries and cares to God, for he cares about you.”

Continue the Conversation

1. **God invites us to give our worry and stress to Him.** It is not helpful to tell someone who worries to stop worrying. We can give it all to the Lord.
2. **We are known and cared for by God.** Just as God provides food for the birds, he will provide for all of your needs. And just as God loves and delights in the beauty of the flowers, he loves and cares for you even more. You are significant to God, and your worries and cares matter to him. (Matthew 6:26-27)
3. **We can practice techniques that help relieve stress.** Deep breathing, exercising, praying, and interrupting negative thoughts can help us have less stress. We are going to practice these techniques and use these tools throughout the year. We can also help our friends who are worried and stressed by sharing positive thoughts and praying for them.

THE FIGHT OR FLIGHT RESPONSE ///

The science behind our response to stress starts in the brain. When we face a stressful or dangerous situation, our eyes and ears send a signal to our amygdala—the part of our brain that processes emotions. The amygdala determines if we are in danger and signals our hypothalamus—the part of our brain that tells the rest of our body how it should respond to the situation: fight or flee. Then, our body begins to prepare for either response, providing the extra oxygen and energy needed to protect itself.

C.A.L.M. TO CALM ///

Here are some tips taught in this Friendly to help your brain and body calm down and think clearly: C.A.L.M.

C—Count your breaths: Try taking 5 deep breaths. Inhale slowly and deeply through your nose. Then slowly exhale through your mouth. Relax the muscles in your body while you breathe.

A—Active: When we are stressed our body can get filled with a lot of nervous energy that we need to get out so our brain can go back to being calm and thinking straight. So when you are stressed, it is a great idea to move your body.

L—Listen and pray: Listen to your feelings and present them to God. Because God cares for us, we can tell him everything that is troubling us.

M—Make a break: Stop the stress by intentionally interrupting it. We can do this by talking to trusted family members or friends who will speak the truth to us. Meditate on Scripture and speak it out loud when you feel overwhelmed.

STRESS MANAGEMENT TOOLS ///

Here are some tools to utilize in managing stress: Breathing exercises, talking to a trusted adult and processing feelings, listening to music, exercise or activity, praying, talk to God, give or get a long hug, spend time outside in the fresh air, use some brain power on a puzzle or math activity, or get good rest at night.

WHAT IS WORKING? ///

What strategies are working for your student in managing stress? Please share with us what strategies have been successful in your home. We want to hear from you and celebrate the growth and success of your student!

We are grateful to be on this journey with you. Teamwork makes the dream work!!

Blessings,
Mrs. Patterson