

# 5 tips for stress management

**Check in with your child regularly**



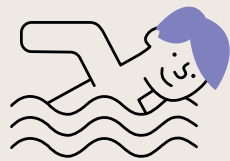
**Identify and reduce sources of stress**



**Take steps to improve sleep**



**Practice stress management techniques, such as stretching, meditation and exercise**



**Leave time in schedules for self-care, relaxation and fun**

