

# Peacemaker Tools Weekly Newsletter

## Issue 6: Worry – Anxiety - Stress



Worry and anxiety are very real feelings for little and big people alike. When we are dealing with anxiety and worry we are using our amygdala, the fight and flight part of the brain. It's hard for us to get to our prefrontal cortex, the thinking brain. Intentionally working to manage our worry and anxiety is an important social-emotional skill we can all work on.

### Relate

When we relate, we connect with others as we share our perspectives and experiences.

### Let's Practice

Where in your body do you feel worry or stress? Maybe in your stomach, your head, or your shoulders? Who are the people you can talk to when you are worried or stressed?

### Come Learn More

Explore more resources, activities and ideas at our site [peacemakerresources.org](http://peacemakerresources.org)

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**Regulate**  
When we regulate, we are able to think, listen, and identify our needs and feelings

### Let's Practice

#### 4 – 2 – 6 – Breathing

Place the tip of your tongue on the back of your upper, front teeth. Inhale through your nose for 4 counts. Hold your breath for 2 counts. Exhale through your mouth with a “whoosh” sound for 6 counts. Repeat 3 times.

[www.teachpeace.link/426breathing](http://www.teachpeace.link/426breathing)

### Reason

When we reason we reflect, learn, gain understanding, and develop strategies for problem solving.

### Let's Practice

**Worry Jars** - One Worry Jar will be for things that we worry about that *we cannot control* the other will be for the things that we worry about that *we can control*. Write down or draw pictures of things that you worry about, decide if that worry is something you do or don't have control over and put them in the corresponding jar.

**Stress Buster Bingo** – Challenge your family to fill a different Bingo row each week!



# Stress Buster Bingo

Call up a friend

Tell someone "I love you"

Write about how you feel

Celebrate what's working

Go outside

Find a dog

Take a time out

Eat something healthy

Look at pretty art

Trash negative thoughts

Drink warm tea

Do something creative

Breath in, Breath out

Remember how far you have

Wear something comfy

Don't Overbook

Slow down

Compliment yourself

Listen to happy tunes

Have a moment of AWWW

Consider how you are lucky

Belt your favorite song

Be your own cheerleader

Have a mindfulness moment

Do a guided body scan meditation