

SIMPLE STRATEGIES TO ERASE

★ SUMMER SCHOOL

ANXIETY AND STRESS

1. LAY OUT ITEMS THE NIGHT BEFORE
Mornings are tough--eliminate any major decisions by preparing the night before!

2. CONSISTENT NIGHTLY ROUTINES & BEDTIMES!
Quality sleep is a must!
Set alarms to reduce conflict

3. REDUCE ELECTRONICS
Power down electronic use more than one hour before bedtime to help fall asleep.
Do not sleep with a TV on in your room. It keeps your brain awake!

4. CREATE A CHECK-LIST TO AVOID MISSING IMPORTANT STEPS
Use visuals to help keep track of all that need to be done!

5. GET UP A LITTLE EARLIER TO BE CALM & PRESENT FOR YOUR KIDS
It is hard to create calm when we are chaotic ourselves.
5-10 minutes earlier can make a huge difference for your day! ★

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