

IDAHO STRONG ACTIVITY GUIDE

Call or Text 986-867-1073 Call Toll Free 866-947-5186
National Disaster Distress Helpline Call or Text 1-800-985-5990



Understanding what we are going through can be very challenging at times. This guide will walk you through a variety of different activities that could help you in identifying stressors that you may be experiencing. The guide will also offer various tools that you can try out to start processing your stressors. Below are reactions that can come about from our stress. Take a moment to review. Pause and give yourself space to see if you have recently experienced any of these stress reactions.

Physical: Stomach aches, headaches, unwell feeling, sense of alertness

Emotional: Anxiety, denial, fear, guilt, apathy, grief, pressured to act

Cognitive: Poor concentration, difficulty with decision, confusion

Behavioral: Change in activity, substance use, sleep issues, helping behavior

“What, Where, What” Activity

What – What is something that you are feeling?

What _____

Where – Where is that feeling coming from?

Where _____

What – What are ways you can manage that feeling?

What _____

“I Am, I Have, I Can” Activity

I am - a friend, a kind person, a hard worker.

I am _____

I have - strength, determination, & goals.

I have _____

I can - work to love myself and those around me.

I can _____

DIFFERENT TYPES OF COPING STRATEGIES

Leaning IN Strategies

These strategies allow us to focus inward to consider a challenging issue or stressor. Leaning IN helps us process and work through our challenges to build resilience and long-term wellness. These strategies may not alleviate stress quickly, but may have powerful impacts to our emotional health.

- Journal
- Talk to a therapist or trusted person
- Practice religious/spiritual activities
- Mindfulness/Meditation
- Breathing Exercises
- Grounding Exercises
- Positive Affirmation

Leaning OUT Strategies

These are strategies that allow our bodies and brain to take a break from our stressor so we can reset our stress response system. We have to be careful with these strategies as they can create negative patterns if used too often.

- Exercise, physical activity of all types
- Hobbies or extracurricular activities
- Watch shows, movies, social media
- Enjoy comforting foods or treats
- Spa Days, baths
- Video games, board games, other games
- Participate in community activities

YOU HAVE UNDENIABLE POTENTIAL AND WORTH!



Your Circles of Connection

Sometimes we can feel very lonely when going through new and old stressors. It can help to pause and think about how we can connect back to ourselves and who we may have around us to connect with. You can fill out your own circles of connection by listing the ways you connect to each circle. Do you connect with your self by going on walks or journaling, do you connect with others through conversation or activities, do you connect with your community by being a part of events? There is no wrong answer! Just write down the thoughts you have!

Free Writing Exercise

(Set a timer for yourself and grab a piece of paper. Write for the entire time, whatever comes to mind. Don't stop or try to plan out the writing. Let it take on a free flow so your ideas can come about genuinely.)



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