

Journaling for Stress Relief:

YOUR SIMPLE GUIDE TO CALM

Feeling stressed? Journaling can be a powerful way to clear your mind and regain perspective. When you write about your thoughts and feelings, you're not just venting — you're brainstorming solutions and creating space for clarity.

Why Journaling Works

Consistency is key! At first, journaling might feel like just another task but stick with it. Even five minutes a day can help you feel organized and calm when life feels overwhelming.

Keep it Simple

No rules, no pressure. Your journal is for you — messy handwriting, doodles, and all. Forget grammar and spelling; this is about expression, not perfection. If you love to draw, add sketches to your entries!

Getting Started

- Pick Your Tool:** Notebook, journal, computer, or even your phone.
- Find Your Spot:** A quiet, cozy space — maybe with music and a cup of tea or coffee.
- Build a Rhythm:** Just a few minutes each day can turn journaling into a soothing habit.

Journaling Types to Try

- Freewriting:** Let your thoughts flow without structure. Just write whatever comes to mind.
- Gratitude Journaling:** List things you're thankful for to shift your focus to the positive.
- Bullet Journaling:** Use bullet points for tasks, thoughts, or stress triggers — perfect for quick clarity.
- Emotional Release:** Write about stressful events and your feelings. Reflect on reactions and alternatives.
- Problem/Solution:** Jot down challenges and brainstorm as many solutions as possible — even wild ones!

Journaling isn't one-size-fits-all. Experiment and find what feels right for you. The goal? A calmer, clearer mind.

The Power of Music

 Your favorite tunes do more than brighten your mood — music can actually melt away stress and support your body's natural healing. Here's how pressing play can boost your well-being.

 When stressed, your body reacts by releasing a surge of hormones and chemicals designed to put you on high alert. Your heart rate climbs, your blood pressure rises, and your adrenal glands pump out cortisol, the stress hormone. Cortisol from constant stress keeps your body stuck in fight, flight, or freeze mode. Over time, this can drain your energy and contribute to anxiety, depression, chronic pain, and other health challenges.

 Across cultures and throughout history, music has been one of the most powerful tools for easing stress. Classical and ambient music are well-known for their calming effects, but research shows that listening to any music you personally enjoy, no matter the genre, can help lower stress levels and restore a sense of balance.

Q: In the spring, I often experience allergy headaches. I don't mind taking NSAIDs or aspirin occasionally, but would like some natural ways to relieve headache pain.

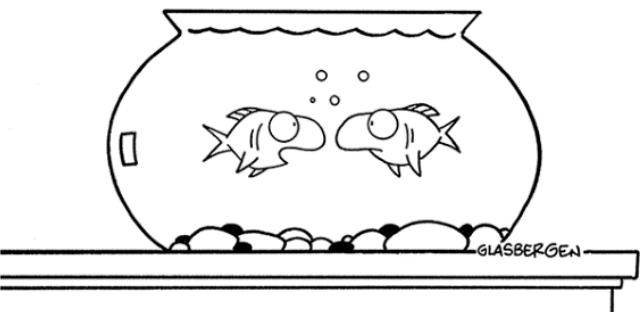


Spring can be difficult for those who struggle with seasonal allergies — especially if they are accompanied by headaches. If you suffer from headaches, NSAIDs like ibuprofen and naproxen, as well as aspirin, and acetaminophen can provide relief, but, if taken on a consistent basis, can come with risks for gastrointestinal bleeding, kidney issues and liver damage. If you want to avoid taking one of these medications, try some of these natural remedies for headaches:

- Drink more water
- Omega-3 fatty acids, which are found in fish, can act as anti-inflammatory agents
- Potassium, found in potatoes and bananas, can relieve headache pain
- Massage therapy can help relieve muscle tension that can lead to headaches
- Some studies show that moderate exercise can help prevent headaches from developing
- Rotate heat and ice on the part of your head that hurts — this can be particularly effective for sinus headaches
- Drinking caffeine often relieves headache pain

Don't ignore headaches that come on suddenly and severely, or headaches accompanied by fever or tightness in your neck, confusion, or loss of consciousness. If any of these occur seek medical attention.

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"You've been awfully tense lately. They say petting a cat is a great way to relieve stress!"

SPRING 2026 WELLNESS CAMPAIGN



With spring on the horizon and warmer days ahead, the outdoors practically beckons us! Stepping into nature isn't just refreshing, it's a powerful boost for our well-being. Simply put, nature doesn't just surround us — it truly nurtures us!

This spring, the **THRIVE** campaign challenges us to look to nature to provide wellness benefits to improve our overall well-being.



INCENTIVE:

Journal with sticky notes, pen, and envelope pocket!



Monthly Challenge Winners

NOVEMBER

Laura Barnard | Garner ISD
Taylor Pamplin | Frenship ISD
Iveth Pacheco | Southside ISD

DECEMBER

Ann Wilson | Lago Vista ISD
Diane Clark | Denver City ISD
Kristen Provenzano | San Angelo ISD

JANUARY

Susan Morris | Dumas ISD
Gaylene Whitworth | Muleshoe ISD
Beth Dunning | Gainesville ISD

Did you know...

The "Big Tree" in Goose Island State Park near Rockport is the biggest tree in Texas. It's estimated to be between 800 and 1,000 years old - maybe even older. The circumference of its trunk is 36 feet. That means you would need a group of more than 7 people to give it a hug!

