

# SOCIAL SERVICES BEST PRACTICES



- Teach relaxation techniques to students.
- Teach activities that release endorphins.
- Teach techniques for stress relief.
- Teach students ways to cope with the stress of testing.
- Increase opportunities for students to speak with counselors.
- Provide coping and test preparation guidance.
- Initiate a “Walk the Bridge” team and other stress relief ideas for students, staff and families.
- Provide information about relaxation and techniques.

