



# Stress Management for Survival

Positive mental and emotional health!!!



True or  
False?  
Is all stress  
bad?



# Good stress v. Bad stress

## Good

- Stress motivates us to do things like homework & chores
- Helps us focus
- Improves your performance
- Feels exciting!
- Doesn't last for long

## Bad

- Causes anxiety
- Can be overwhelming
- Feels unpleasant
- Decreases your performance
- Can continue for a long time

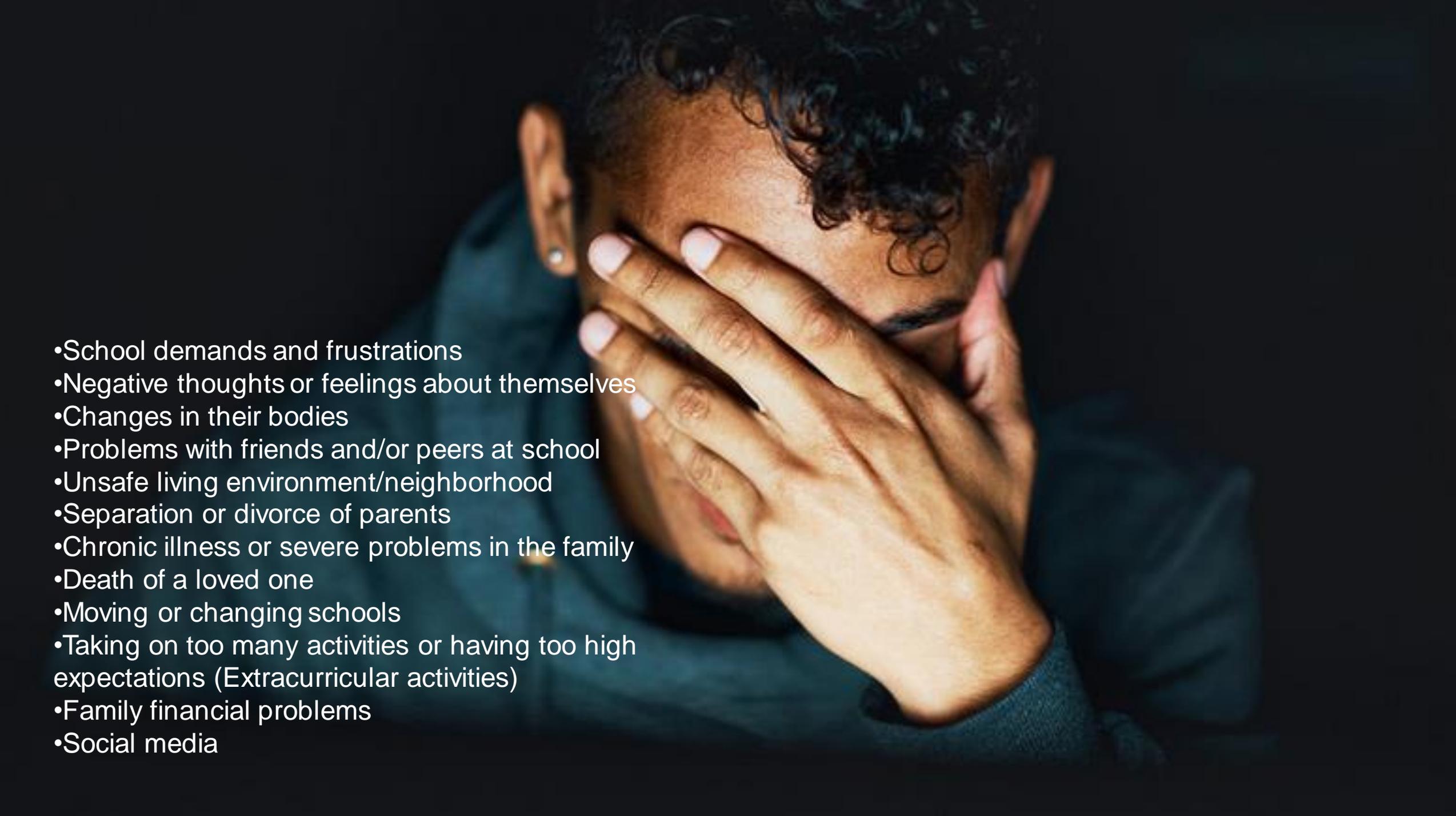




What kinds of  
things put  
pressure on you?





- 
- School demands and frustrations
  - Negative thoughts or feelings about themselves
  - Changes in their bodies
  - Problems with friends and/or peers at school
  - Unsafe living environment/neighborhood
  - Separation or divorce of parents
  - Chronic illness or severe problems in the family
  - Death of a loved one
  - Moving or changing schools
  - Taking on too many activities or having too high expectations (Extracurricular activities)
  - Family financial problems
  - Social media

Two weathered wooden signs are mounted on a single wooden post. The top sign is an arrow pointing to the right and has the word 'RELAX' written on it in white, distressed, uppercase letters. The bottom sign is an arrow pointing to the left and has the word 'STRESS' written on it in the same white, distressed, uppercase font. The background is a bright blue sky with scattered white clouds and a sun flare in the upper right corner.

RELAX

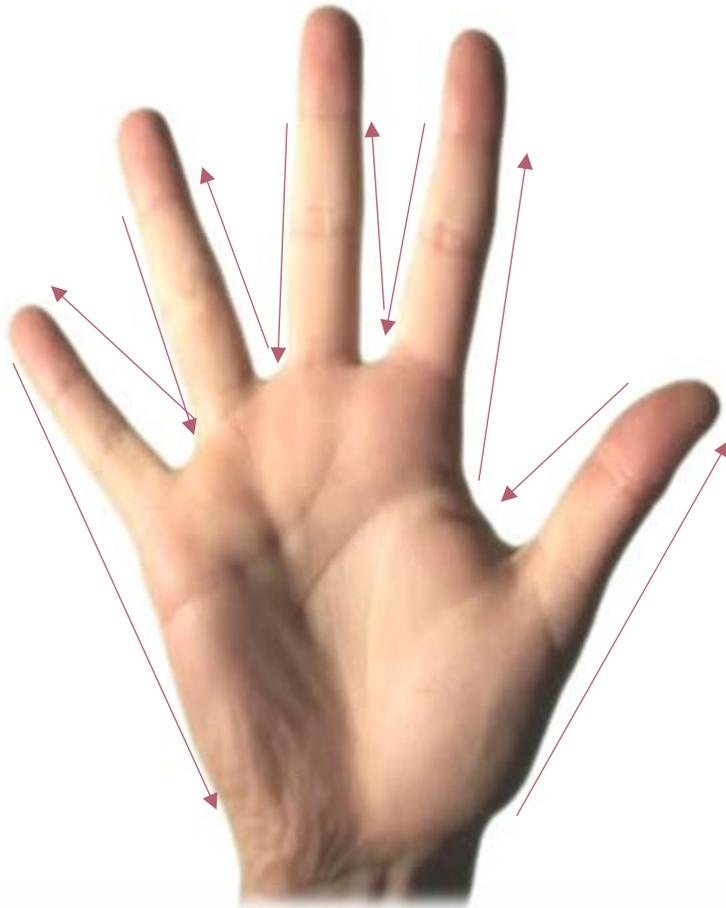
STRESS



Let's try this...



# TAKE 5 BREATHING



1. Hold out your hand like a star
2. Get your pointer finger (other hand) ready to trace around your hand
3. Trace up and down your fingers slowly  
Breathing in as you go up and  
Breathing out as you go down
4. Keep going until you have traced your entire hand
5. Pay attention to how you feel

# Japanese Stress Relief Technique in 5 Minutes

## THUMB

Helps combat emotions like anxiety and worry.

## INDEX

Can help you combat fear.

## MIDDLE

Helps you to control anger and resentment.

## RING

This finger will help you fight depression and sadness and help you to be more decisive.

## PINKY

Helps to calm anxiety and increases optimism and confidence.

# *Simple Grounding Technique*

*For panic attacks, times of high anxiety, or  
any time you feel overwhelmed.*

**Look around you and name**

**5 things you SEE**

**4 things you FEEL**

**3 things you HEAR**

**2 things you SMELL**

**1 thing you TASTE**

*Be sure to breathe deeply and focus on the world around you*

[www.liamslight.com](http://www.liamslight.com)

# WHAT ARE YOUR THOUGHTS?



## SELF-ESTEEM EXERCISE

- ◉ Definition of trash- “worthless material”
- ◉ Negative thoughts hinder our ability to be something great. Negative thoughts are like “worthless material” (aka trash)
- ◉ What do we do with trash? We throw it away!
- ◉ After you write down the negative thought, I want you to tear it up, stomp on it, and throw it away.



# My self care plan



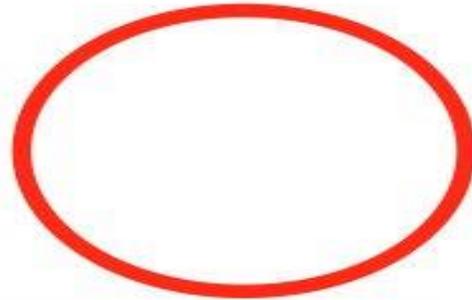
I can exercise my body by...

I can be a good friend by ...

Important people  
Who I trust

I can relax my body and mind by...

This is me



I can keep myself clean and tidy by...

I can make myself happy by...

My hopes and dreams...

I can eat healthy foods...

# QUESTIONS

