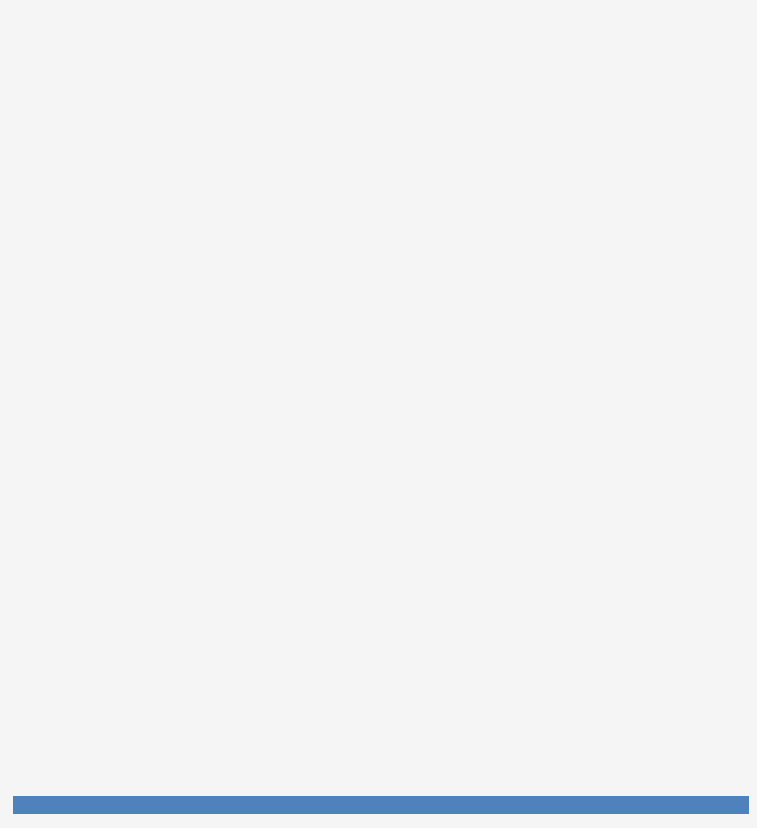


Stress Management

Presented by:
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&
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What is Stress?

- “Stress is your body’s natural response to demanding or adverse circumstances.”¹
- Can be good or bad experiences



Types of Stress

Eustress 👍

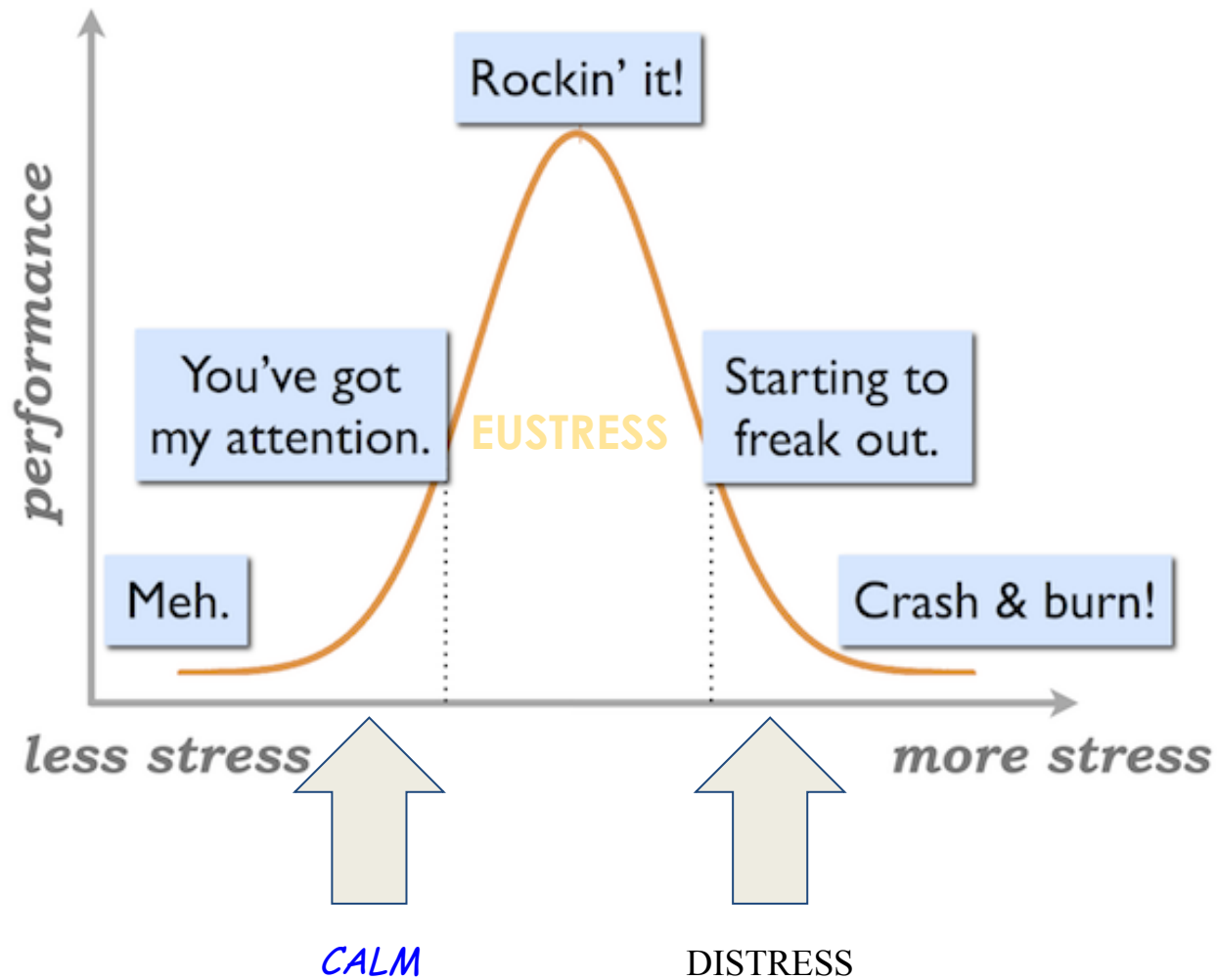
Good stress
Short term
Motivating
Beneficial



Distress 👎

Bad stress
Short & Long term
Overwhelming
Harmful





What Causes Stress?

- Survival stress
response to danger
- Internal stress
worrying, emotional
- Environmental stress
noise, crowding, pressure
- Fatigue/Overload
built up over time

Stress Across the Ages: Elementary School

CAUSES

Taking important tests
Standing out in a crowd
Being in danger

SYMPTOMS

Upset stomach
Separation anxiety
Crying often
Bedwetting
Refusing to go to school
Difficulty sleeping

<https://www.accreditedschoolsonline.org/resources/student-stress/>

Stress Across the Ages: Middle School

CAUSES

Homework load
Busy schedules
Peer pressure
Image concerns
Hormones

SYMPTOMS

Changes in
appetite
Retreating to
bedroom
Quick temper
Chronic Worrying

<https://www.accreditedschoolsonline.org/resources/student-stress/>

Stress Across the Ages: High School

CAUSES

Social
acceptance
Earning good
grades
Preparing for
college
Parental pressure

SYMPTOMS

Frequent physical
aches and pains
Isolating from
friends and family
Not doing things
that used to be
fun

<https://www.accreditedschoolsonline.org/resources/student-stress/>

How Does Stress Affect You?



- **Emotional Effects**

Anxiety
Anger
Impatience
Depression

- **Psychological Effects**

Confusion
Low self esteem
Forgetfulness
Decrease in concentration

- **Physical Effects**

Muscle tension
Headaches
Backaches
Raised heart rate & blood pressure

- **Behavioral Effects**

Substance Use
Nervous habits (ex. nail biting)
Blaming/defensiveness

HOW **STRESS** AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

SKIN

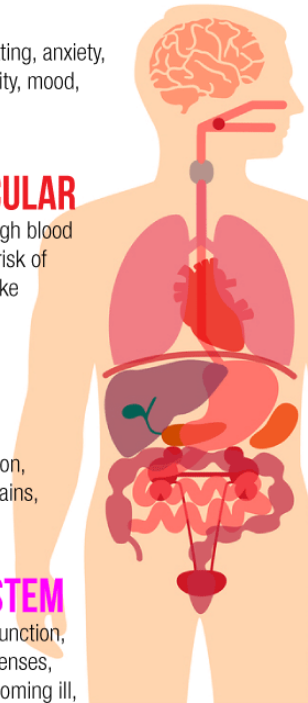
hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms



Stress Facts

- 1 in 5 Americans experience “extreme stress”
- 8 out of 10 college students experience stress daily
- The APA’s Stress in America survey found that 30 percent of teens reported feeling sad or depressed because of stress
- Men and women experience stress equally



Tracking Stress

- Found by monitoring stress
- Keeping track of what is stressful
- Create strategies to deal with them
- Assess your day by these 3 categories(What is replenishing?, What is relaxing?, What is draining?)



Unhealthy Ways of Coping



Healthy Ways of Coping

How will you deal with stress?



Time Management

Benefit: Enhances sense of control 🖱️

How to: Buy a planner for daily schedules, Make to-do lists & Prioritize



Yoga/Stretching

- Decreases stress and tension

- Lowens blood pressure

Meditation

- Lowens heart rate

Mindfulness

Exercise

- Pumps up endorphins

- Improves your mood

Sleep & Rest

- Improve physical and emotional health

- Reduces student inattention

- Aids student learning and memory skills



Talk to Someone

Allows
you to
let out
your
feelings



Problem
Solving

Getting
an
objective
viewpoint

Feeling
supported
/heard

Positive Thinking

Starts with self-talk

Identifying negative self-talk

ex. Catastrophizing, Filtering

Self-fulfilling prophecy

Suggestions:

Reframing

Positive Self-Affirmations

Benefits:

Feel better about yourself

Builds resilience



DE-STRESS



Coping Strategies

1. Avoid over scheduling
2. Make time for play and extracurricular activities
3. Make sleep a priority
 - a. No technology before bed
4. Teach the importance of listening to our body
5. Make mornings calmer
6. Prepare your kids to deal with mistakes
7. Manage your own stress

**Thank you for
watching!**



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