

White Plains High School

STRESS MANAGEMENT TIPS



FOR *STUDENTS*

We know student life can be stressful and we want to offer ways to help you manage that stress. Remember, help is always available when things feel too tough to handle.

Know how stress affects you.

A typical stress reaction may include:

- temporary difficulty concentrating
- irritability and anger
- fatigue
- stomachache and
- difficulty sleeping

* Make a mental note of these warning signs, you never know when a friend may need your support and a connection to help*

Signs to watch out for:

- an ongoing/overwhelming worry that keeps you from living everyday life
- excessive irritability and anger
- significant changes in your energy level, eating patterns, or sleep
- not finding enjoyment in things you normally love
- feelings of hopelessness
- thoughts of self-injury or suicide



If you're feeling this way, please know you are not alone and help is at your fingertips.

Call 1-800-273-TALK (8255) or text Got5U to 741741

to connect with trained crisis counselors.



Office of
Mental Health



How do I access supports?

Reach out to your School Counselor and/or House Administrator and they will be able to connect you with the best person equipped to help.

What types of supports are available?

WPHS has trained School Psychologists, School Social Workers, and School Counselors that are always here to listen and help.

What would be a reason to seek out support?

There are many reasons to seek out support:

- Stress
- Anxiety
- Conflict with others.
- Thoughts of self-harm.
- Navigating relationships.
- Just need someone to talk to.

Did you know that WPHS has community partners that support our students as well?

Additional supports available to our students:

- WJCS/Joe Torre Safe at Home Program: Margaret's Place - Domestic Violence Support
- WJCS Young People Achieve Counselor
- Andrus Mental Health Clinic

¿Cómo accedo a los apoyos?

Comuníquese con su consejero escolar y/o administrador de la casa y ellos podrán conectarlo con la mejor persona equipada para ayudarlo.

¿Qué tipos de soportes hay disponibles?

WPHS ha capacitado a psicólogos escolares, trabajadores sociales escolares y consejeros escolares que siempre están aquí para escuchar y ayudar.

¿Cuál sería una razón para buscar apoyo?

- Hay muchas razones para buscar apoyo:
- Estrés
- Ansiedad
- Conflicto con los demás.
- Pensamientos de autolesión.
- Relaciones de navegación.
- Quizás solo necesitas alguien con quien hablar.

¿Sabía que WPHS también tiene socios comunitarios que apoyan a nuestros estudiantes?

Apoyos adicionales disponibles para nuestros estudiantes:

- WJCS/Safe at Home: Margaret's Place - Apoyo a la Violencia Doméstica
- WJCS Young People Achieve Consejero
- Clínica de Salud Mental Andrus