

STRESS MANAGEMENT

Information & Resources

What is stress?

Everyone experiences stress to some degree, but what really is stress and what do we know about it?

Some common signs of stress include:

- Clammy or sweaty palms
- Difficulty sleeping
- Digestive problems
- Headaches
- Muscle tension, especially in the neck and shoulders
- Feeling anxious

Stress vs. Anxiety

What is Anxiety?

Intense, excessive, and persistent worry and fear about everyday situations. Fast heart rate, rapid breathing, sweating, and feeling tired may occur.

Anxiety is a normal response to stressful situations, but sometimes can become something that people struggle with during their day to day experience.

What is Stress?

Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action. Everyone experiences stress to some degree. The way you respond to stress, however, makes a big difference to your overall wellbeing.

5 Things to Know About Stress

1. Stress affects everyone.

- a. Everyone experiences stress from time to time, and some people may cope with stress more effectively and recover from stressful events more quickly than others.

2. Not all stress is bad.

- a. In non-life-threatening situations, stress functions can motivate people, such as when they need to take a test or interview for a new job.

3. Long-term stress can harm your health.

- a. Over time, continued strain on your body from stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses.

4. There are ways to manage stress.

- a. Recognize the signs of your body's response to stress, get regular exercise, explore relaxation or wellness programs, decide what must get done now and what can wait, and remember that you are not alone.

5. If you're overwhelmed by stress, ask for help.

- a. If you're feeling overwhelmed by chronic stress, ask for help from your counselor, doctor, or other health professional.

RESOURCES

**Turn challenges into changes
and stress into success.**

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