

Coping Skills To Manage Stress

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Overview

- What is stress and anxiety?
- Stress and anxiety reactions
- Biological and physiological responses
- Coping skills and strategies
- Resources
- Questions

What is Stress?

Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure.

- High blood pressure
- Muscle tension
- Aches and pains
- Exhaustion
- Headaches
- Irritability
- Anxiety



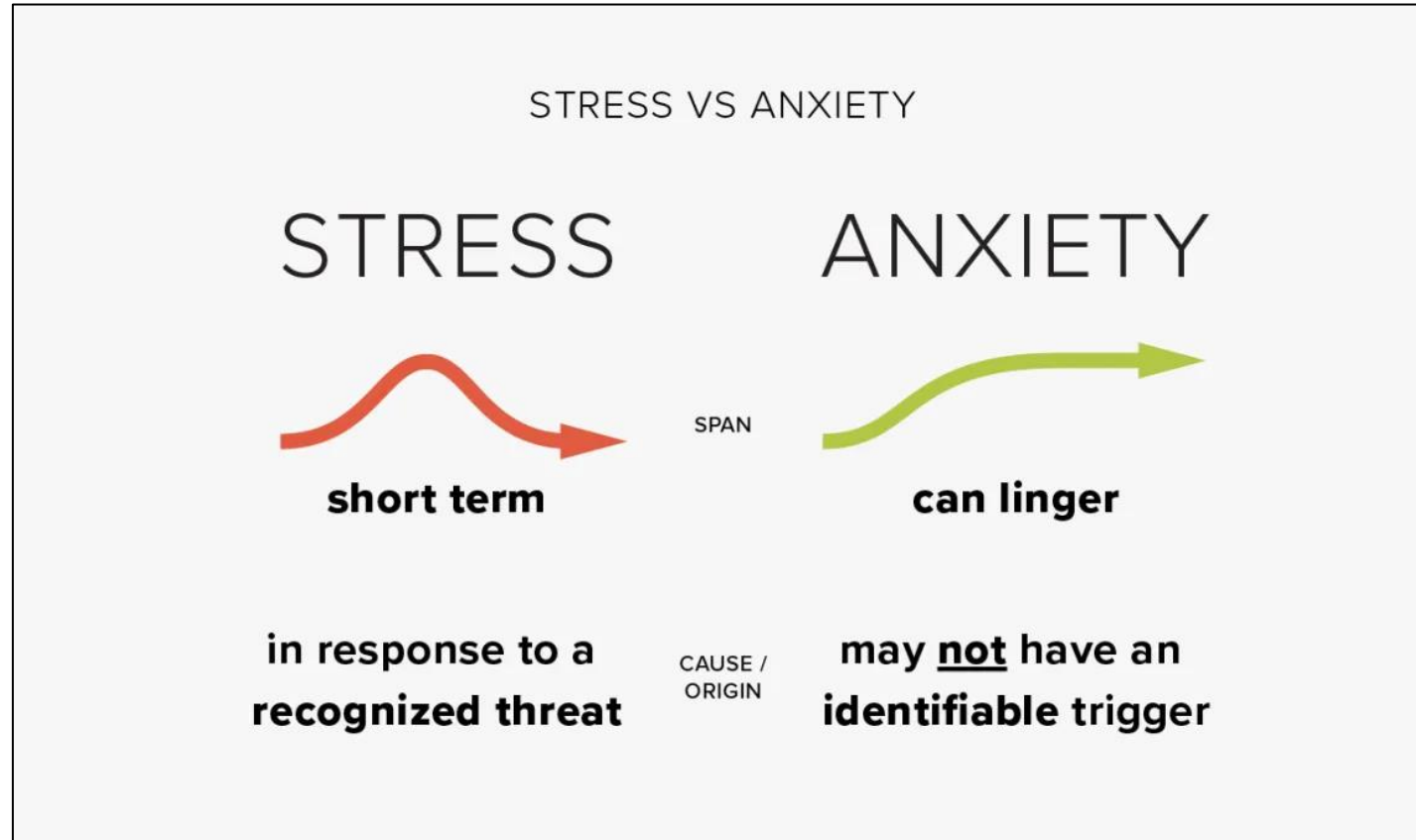
What is Anxiety?

A feeling of worry, nervousness, or unease, typically about an imminent event of something with an uncertain outcome.



- Increased heart rate
- Breathing rapidly
- Sweating
- Trouble concentrating
- Feeling nervous
- Exhausted
- Irritable
- Issues with sleeping
- Inability to process new info

Stress Vs. Anxiety



Stress and Anxiety Reactions

Low energy

Health
issues

Inability to
focus

Poor
judgement

Pessimistic
views on life

Elevated
hormones

Trembling

Emotional
distress

What happens when we feel stressed?

- We experience a perceived threat
- Our brain reacts by releasing hormones, preparing us to fight, flight, freeze, or fawn
- Our bodies respond with increased heart rates, muscle tension, dizziness, nausea



Fight, Flight, Freeze, Fawn

TRAUMA RESPONSES

<p>FIGHT</p>  <ul style="list-style-type: none">• Anger• Irritability• Aggression	<p>FLIGHT</p>  <ul style="list-style-type: none">• Anxiety & Fear• Panic• Worrying
<p>FREEZE</p>  <ul style="list-style-type: none">• Immobilization• Dissociation• Depression	<p>FAWN</p>  <ul style="list-style-type: none">• People Pleasing• Can't say NO• Prioritize others <p><small>! TheMindsJournal</small></p>

MINDJOURNAL

Statistics-Students

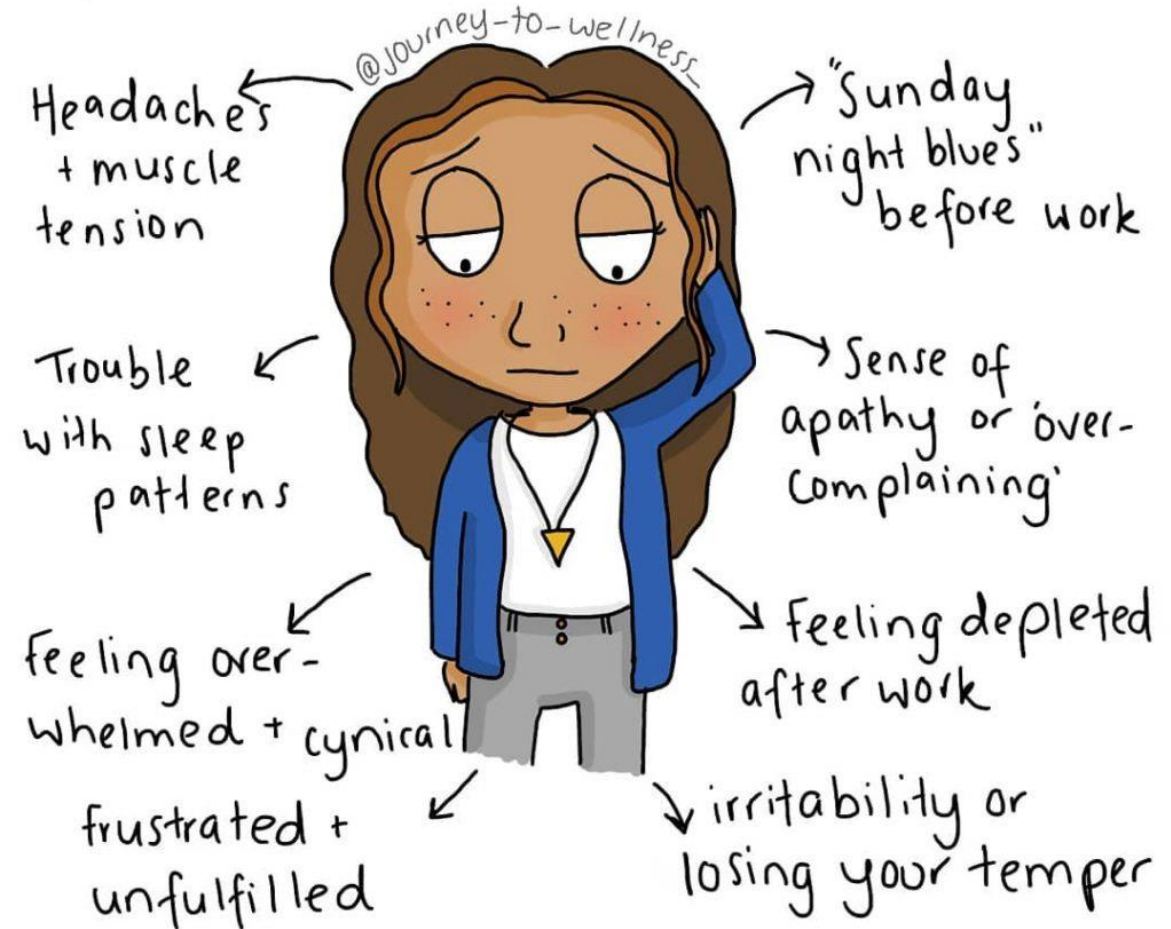


- 31% of teens experience stress
 - 83% of stress is due to school
- 32% of teens experience anxiety
 - For some teens anxiety can increase because of school

Signs of Burnout

- Feeling drained
- Sick often
- Change in appetite or sleep
- Headaches or muscle pain
- Sense of failure
- Feeling trapped
- Loss of motivation
- Decreased satisfaction
- Isolation
- Procrastination
- Taking frustration out on others

SIGNS of BURNOUT



Distraction Vs. Relaxation



Distraction

A thing that prevents someone from giving full attention to something else

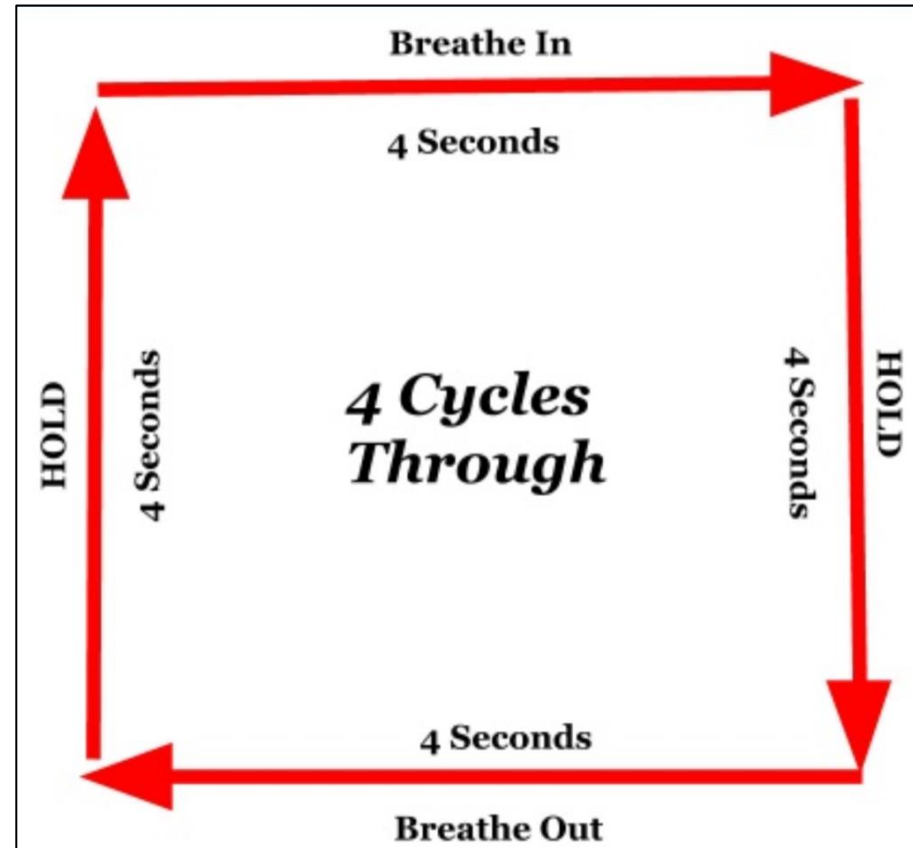
- Stress/anxiety inducing show or movies
- Muscle tension
- Headaches
- Social Media

Relaxation

The state of being free from tension and anxiety

- Spa day
- Releasing tension
- Meditation
- Reading

Diaphragmatic Breathing



Diaphragmatic Breathing Video



<https://youtu.be/OXjLR4mXxSk?si=Vk2rLPQxNHwFA8jv>


Grounding


Stay Grounded Using Your 5 Senses


Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

5 Things You Can See 

4 Things You Can Feel 

3 Things You Can Hear 

2 Things You Can Smell 

1 Thing You Can Taste 

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Safe Place





Creative Outlets

Drawing

Singing

Playing an instrument

Sewing

Painting

Dancing

Building

Collecting

Fidgets



5-Minute Meditation



https://youtu.be/inpok4MKVLM?si=MUTcV31c4W_jCOrS

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A framed sign with the text "Thank You" on a dark background, set against a rustic wooden background with a rotary phone.

Thank
You