

DEALING WITH STRESS

WHAT IS STRESS?

Stress is your body's reaction to change, demands, or difficult situations.

Stress is a part of everyday life, but too much stress can have a negative impact on your life.



ARE YOU STRESSED?

	Yes	No
Do you often feel overwhelmed?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have trouble sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often feel frustrated, nervous, or angry?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get a lot of headaches or stomachaches?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a hard time relaxing?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat too much or too little?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel dread or panic when thinking about everything you have to do?	<input type="checkbox"/>	<input type="checkbox"/>

How many did you check "Yes?" _____

Each of the above can be an indicator of stress. If you feel that stress may be a problem for you, see the back of this card for some ideas on how to reduce the stress in your life.



For more, watch this quick video!

VIDEO

HOW TO REDUCE STRESS

- ▶ **Confront your stressors.** Make a list of the things that are stressing you out and determine how each can be dealt with. Having a plan will help you feel more empowered and less overwhelmed.
- ▶ **Relax/Meditate.** Close your eyes, imagine a relaxing scene, and breathe deeply. Breathe in, count to four, exhale. Repeat. You might also try a guided meditation app like **Calm** or **Meditation Studio**.
- ▶ **Take care of mind and body.** Get plenty of sleep, eat healthy, and exercise. (Physical activity is a great way to reduce stress.)
- ▶ **Take time for yourself.** Do something that has made you feel calm or happy in the past. Listen to music, go for a walk, play with a pet, or spend time in nature.
- ▶ **If it's beyond your control, let it go.** If you are stressed over things you can't change, let those worries go completely.
- ▶ **Get support.** Confide in others when you're feeling stressed. Whether it's a friend, family member, spiritual leader, or counselor, it's much healthier to share your concerns than it is to go it alone.

RESOURCES

If you're experiencing a lot of stress, know that there are resources available to help you.

- ▶ **Crisis Text Line:** Text "START" to 741741
- ▶ **National Suicide Prevention Lifeline:** Call 1-800-273-8255 or chat online at [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org).