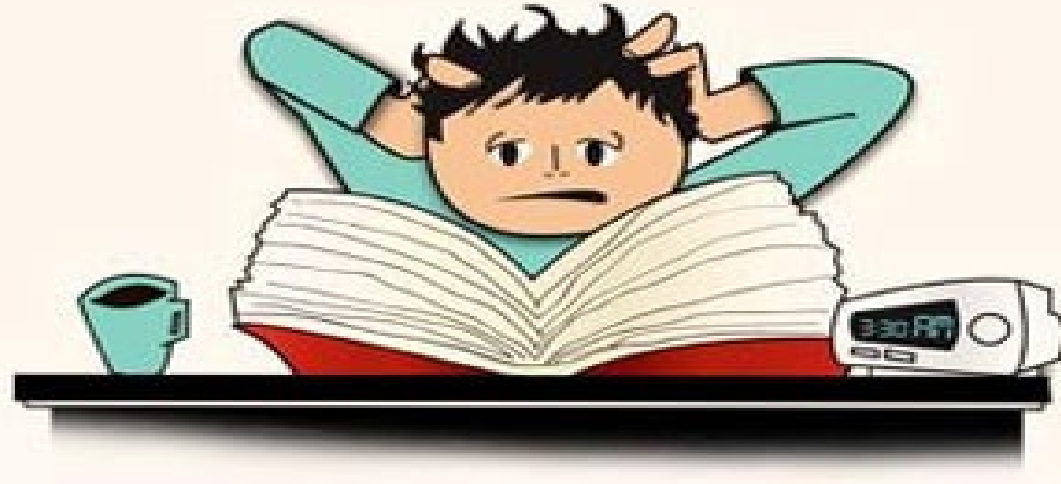


ACADEMIC STRESS



Time Management and Academic Stress

Understanding Stress and Anxiety

In this lesson, we'll learn to recognize how stress and anxiety affect our emotions, thoughts, and bodies.



Stress Vs. Anxiety

What is the Difference?



Stress is an emotional and/or physical response to something external, such as an upcoming test, or a fight with a friend.

Stress



Anxiety is persistent, excess worry that feels out of your control.

Anxiety

Examples of GOOD and BAD stress:

Good stress:

Watching or playing sports

Roller coaster

Starting college

Giving a speech in class

Setting a new challenge/goal

Doing something for the first time

Bad Stress:

Abuse or neglect

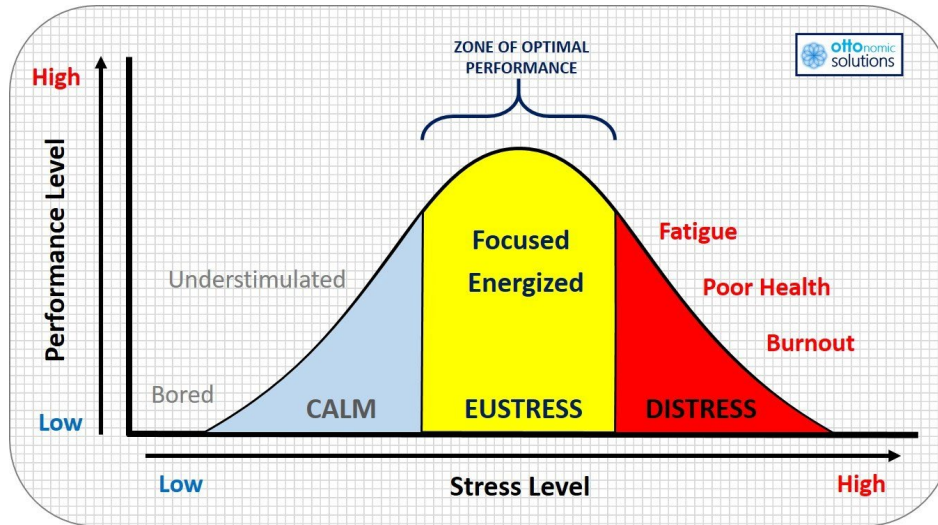
Death of family member/close friend

Bullying (in person or online)

Peer pressure

Poor time management

Not enough sleep



old friend

distress

noun [dih-STRES]

great pain, anxiety, or sorrow;
acute physical or mental suffering;
affliction; trouble



eustress

noun [yoo-STRES]

stress that is deemed healthful
or giving one the feeling of fulfillment

What are some things that cause you stress?

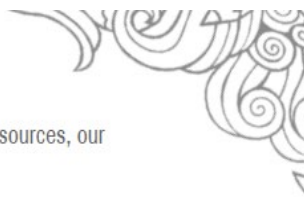
External Stressors:

- Major Life Changes
- Injury/Illness
- Changing Schools
- Family Member Illness
- COVID

Internal Stressors:

- Negative Self Talk
- Lack of Control
- Perfectionism
- Fear of Change
- High Expectations/Unrealistic Expectations
- Uncertainty/Worry

Causes of Stress



When we deal with negative stress, or distress, it tends to come from two different sources, our **external stressors**, and our **internal stressors**.

External stressors are the events or situations that cause stress, but are out of our control. **My most common external stressors are...**

Internal stressors are the things we do to ourselves, or the choices we make that lead to or increase stress. **My most common internal stressors are...**

Wrapping it up!

Now that we have discussed ways you can identify internal and external stress in life.

Next week we will explore Effects of Stress in your thoughts, body and emotions.

During the week take notice of how you are feeling and think of strategies you use to help with your stress. Consciously take note of what helps you feel better. Write it down! We will continue to explore ways to deal with stress next week!