

How Do You Feel Stress



Ways to Cope

Do you know the signs of stress?



Agitation



Hopelessness



Self-neglect



**Personality
Change**



Withdrawal

Effects of Stress

When we are under stress, we typically experience changes in four different areas, our feelings, our body, our thoughts, and our behaviours. **Below, write how stress impacts you in each area:**

When I am stressed, I feel (emotions) ...

When I am stressed, my body...

Examples: Overwhelmed, Nervous, Avoidant, Shut Down, Quiet, Nothing-totally fine....

Examples: Tense, headache, stomach ache, neck ache, totally fine and I don't feel anything...



DEPRESSION

HEADACHE

CRYING

ANGER

INSOMNIA

Friendly social network



Self-limitations



Reduce the noise



Meditation



Exercise

Stress Management Skills



Time Management



Sleep Habit



Healthy Diet

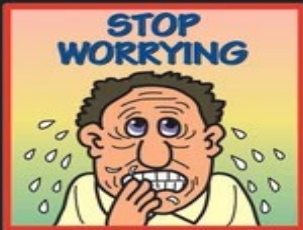
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THE TOP 10



WAYS TO HANDLE STRESS



Healthy Coping

What are healthy ways to deal with stress? Think about what you are already doing, or could be doing that would help in each of the following areas.

Write as many as you can think of!

Environmental – Living in and supporting a clean and safe environment

Occupational – Satisfaction with career or academic work, feeling safe and secure in the job or school environment, financial security

Emotional – Positive feelings, optimistic view on life, ability to express and process emotions

Intellectual – Stimulated with activities, growing knowledge and abilities, learning new skills

Physical – Physical health and activities

Social – Positive connection and relationships with family, friends, community; supporting others and asking for help when needed

Spiritual – Connection to one's meaning and purpose

Examples

Cleaning room, Organizing

Talking to your teacher or a trusted Adult....

Drawing, Journaling....

Reading a book, listening to a podcast

Walking, exercising...

Talking to friends and family

Church, small group, positive affirmation...