

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 and/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 need 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, read on for some ideas on how you can reduce the stress in your life.

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.
- ▶ **Take care of mind and body.** Get plenty of sleep, eat healthy, and exercise. (Physical activity is a great way to reduce stress.)
- ▶ **If it's beyond your control, let it go.** If you are stressed over things you can't change, let those worries go completely.
- ▶ **Take time for yourself.** Do something that has made you feel calm and relaxed in the past. If possible, spend time in nature.
- ▶ **Get support.** Confide in others when you're feeling stressed. It's much healthier to share your concerns than it is to go it alone.
- ▶ **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.

**For some calming techniques,
watch this quick video!**



If you're experiencing a lot of stress, talk to a counselor or to someone who can help you. The following resources are also available.

- ▶ *Crisis Text Line: Text HOME to 741741.*
- ▶ *Call or text the Suicide & Crisis Lifeline at 988.*