

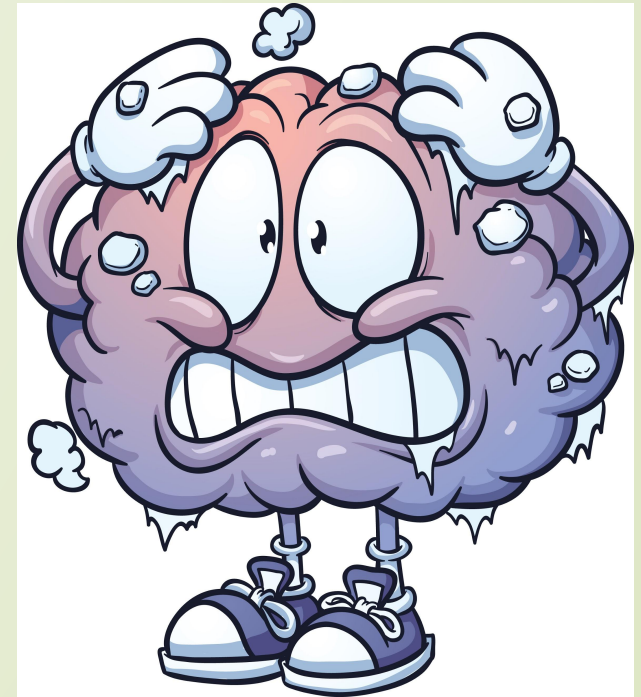


# Stress Management

A Guide to Recognizing and Alleviating Stress

# What is Stress?

- Stress is a mental or emotional strain or tension resulting from adverse (negative) or very demanding circumstances.






# Is Stress Always Bad?

- Some stress **IS NOT** bad.
- Serves 2 important purposes:
  - Gives us energy and motivation of finish a project or reach a goal  
Ex. Studying for a test  
Competing in sports
  - Keeps us safe. We feel stress when our safety is at risk.  
Ex. Getting chased by a lion  
Being in a dangerous place

But too much stress for too long freezes up the body and mind!!!

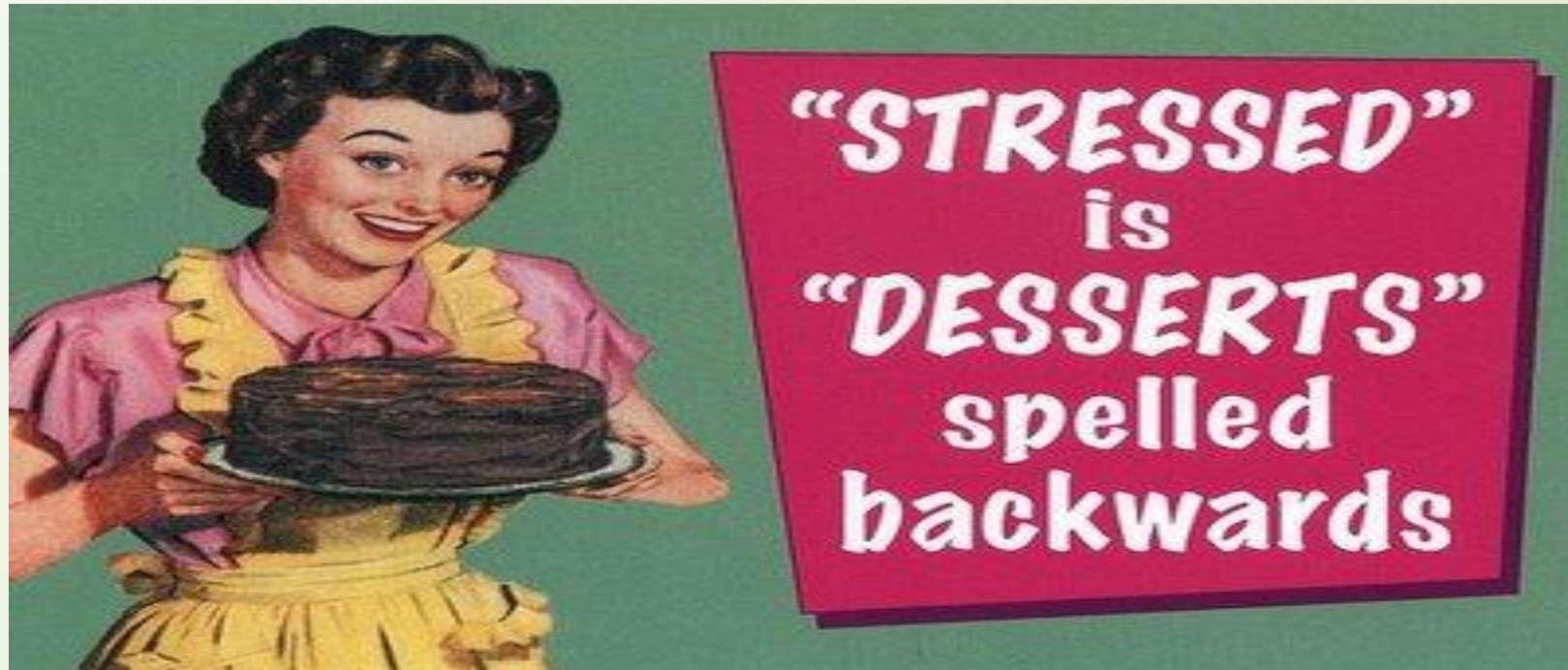


# What Causes You Stress?

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- Bullying
  - Social/ Peer Pressure
  - Family Conflict
  - Homework
  - Tests
  - Grades
  - Body Image
  - Unsafe Neighborhood
  - Health of a Loved One
  - Financial Difficulties

# What are the Signs of Stress

- Knowing and identifying signs of stress can help you avoid the negative aspects of stress.





# Physical Signs



- Racing heart
- Shaking hands
- Shaky legs
- Clenched fists
- Reddening of skin
- Headaches
- Tenseness
- Muscle Spasms
- Stomach Aches





# Emotional Signs



- General feelings of anxiety
- Feeling overwhelmed
- Can't focus
- Avoiding things
- Can't make decisions
- Run away or fight
- Acting out
- Mood swings



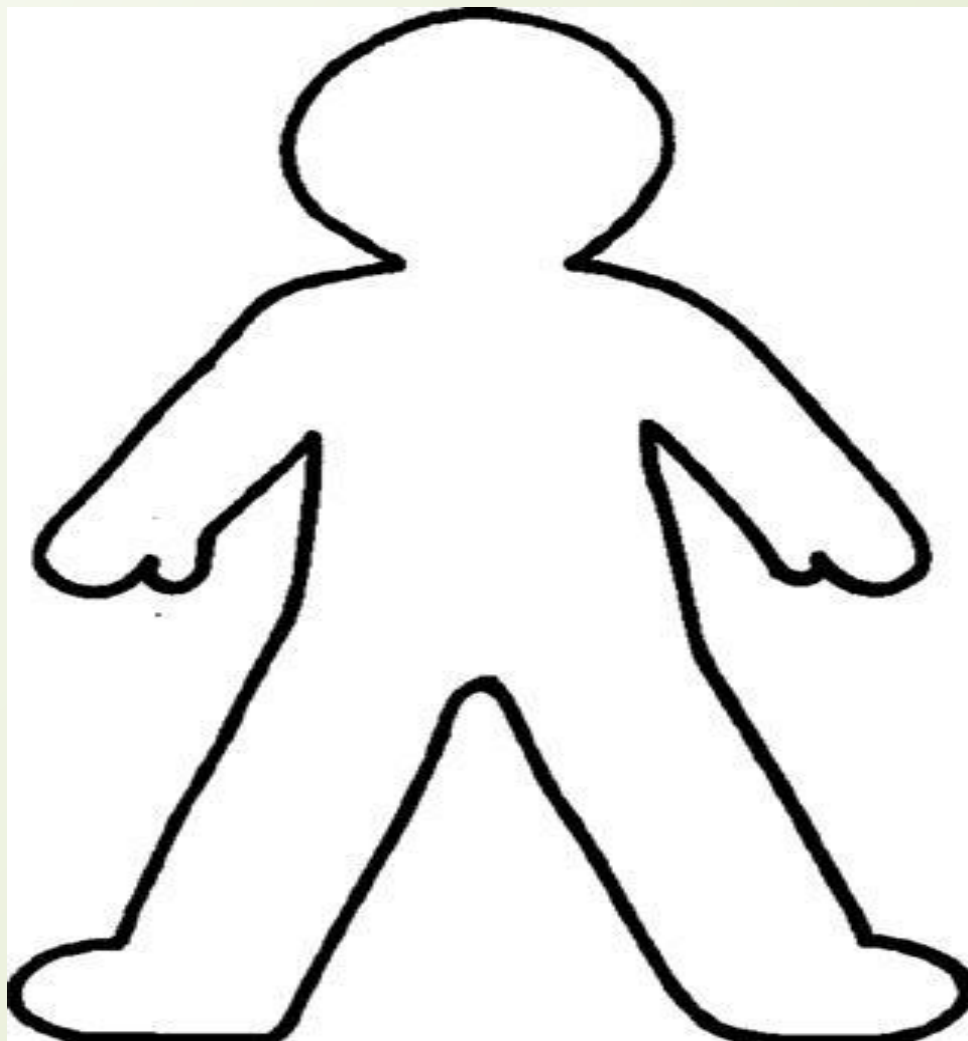
# Health Related Signs



- Not sleeping enough
- Sleeping too much
- Over eating
- Loss of Appetite
- Irrational behaviors
- Depression
- Mood disorders
- Trouble focusing




Where do you feel stress?





# What to do when feeling stressed

- When you are stressed, use stress management strategies and techniques to minimize negative effects.

1. Relaxation Techniques
  2. Exercise/Physical Activity
  3. Proper Nutrition
  4. Rest
  5. Set Goals
  6. Communication
  7. Coping with Circumstances
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# Relaxation Techniques

- ❖ Meditation
- ❖ Deep breathing exercises
- ❖ Visualize yourself in calming situations
- ❖ Aroma therapy
- ❖ Massage Therapy



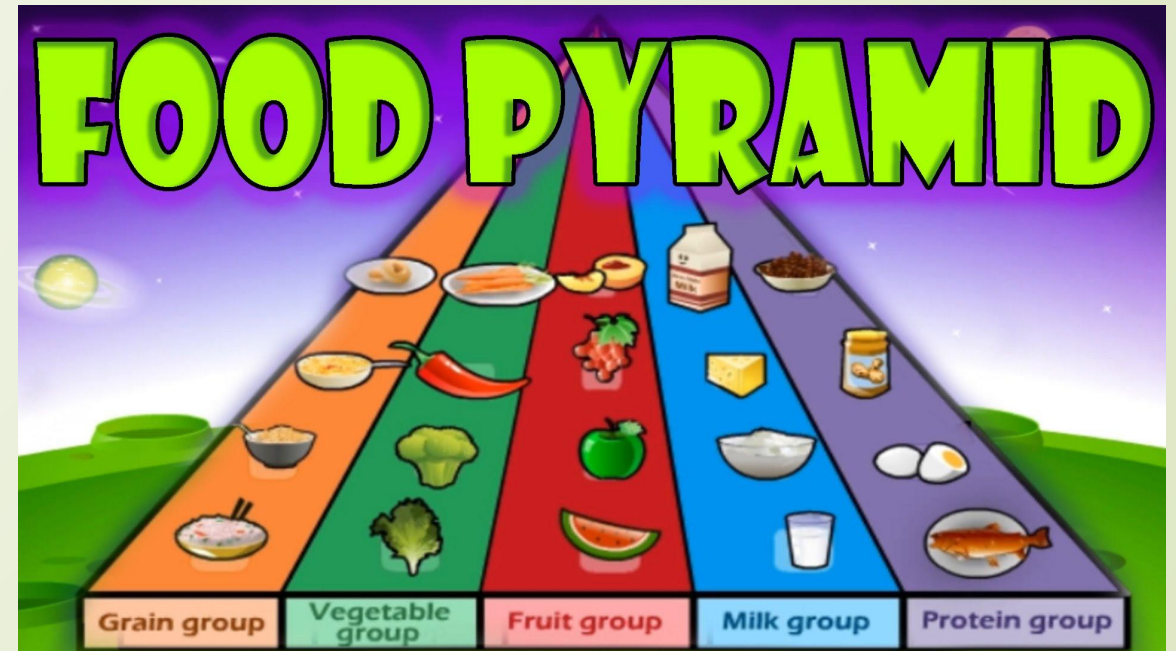
# Exercise/Physical Activity

- ❖ Stretching
- ❖ Walking
- ❖ Running
- ❖ Yoga
- ❖ Kick boxing
- ❖ Parkour



# Proper Nutrition

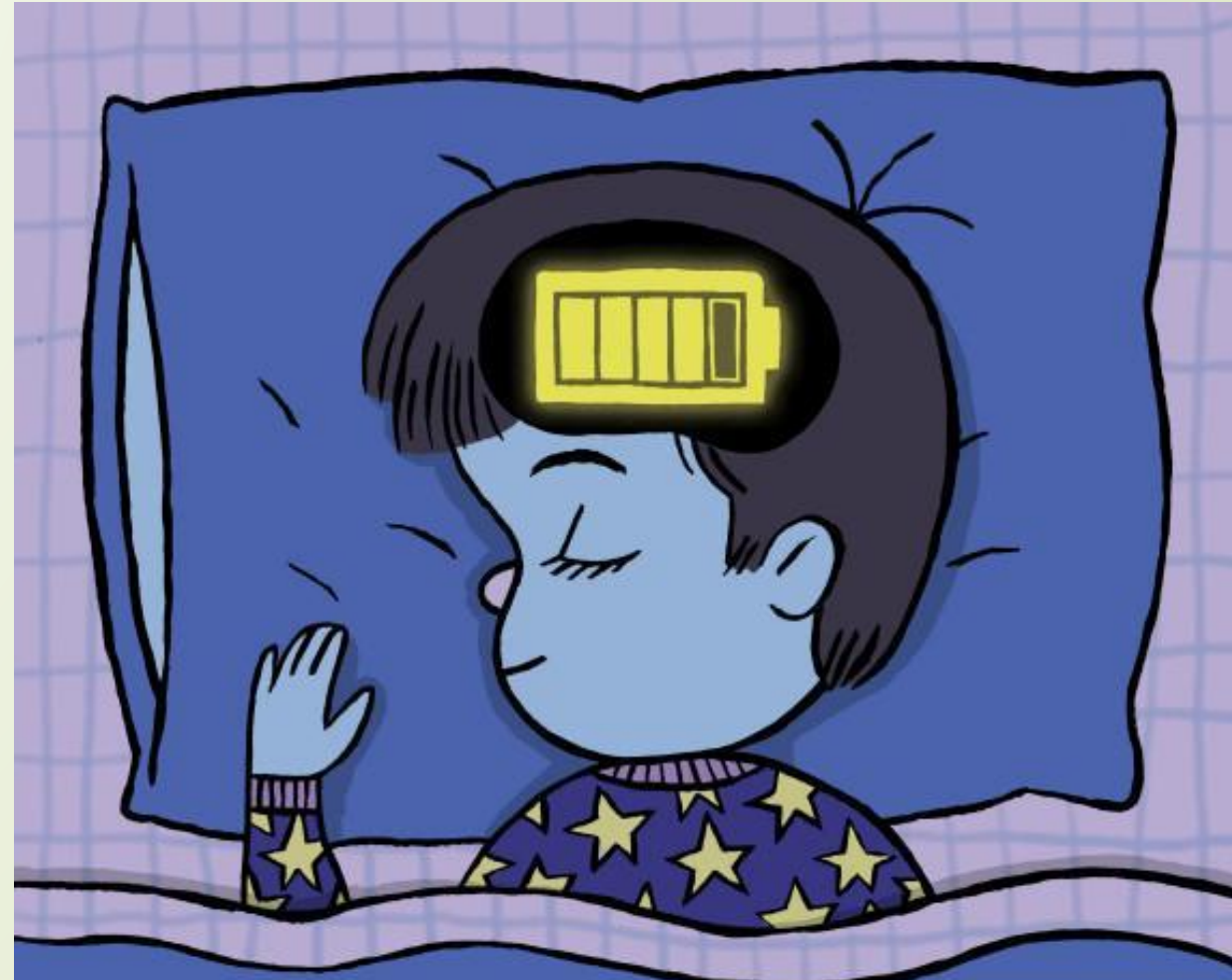
- ❖ Eat a well-balanced diet
- ❖ Drink plenty of water
- ❖ Avoid eating lots of processed food
- ❖ Avoid overeating
- ❖ Reduce caffeine intake





# Get Enough Rest

- ❖ Sleep 8-10 hours per night
- ❖ Take breaks throughout day
- ❖ Minimize "screen time"



# Set Goals

- ❖ Set small, achievable goals
- ❖ Keep track of progress
- ❖ Celebrate milestones





# Communication

- ❖ Express feelings rather than bottling them up. "I feel..."
- ❖ Keep a journal
- ❖ Talk w/ friends and family members
- ❖ Get help from a mental health professional



# Coping with Circumstances

- ❖ Meet challenges head-on
- ❖ Do not fall into a pattern of avoiding
- ❖ Understand what you can control
- ❖ Admit fault/ problems



# Progressive Relaxation

## **Progressive Muscle Relaxation Script**



# Activity

- Build a stress ball

