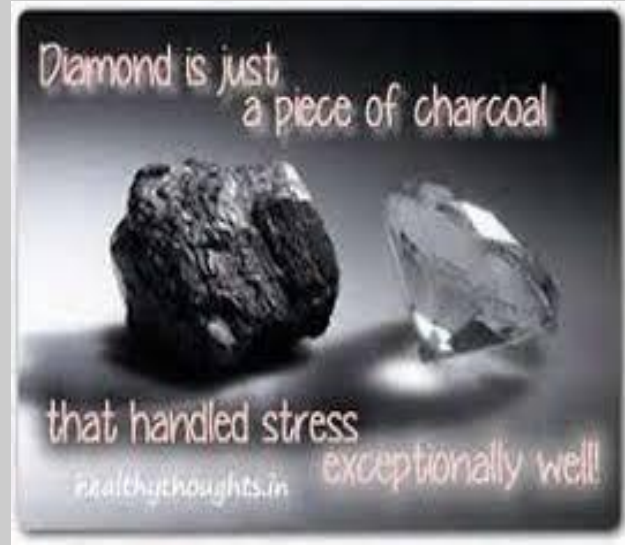


Understanding & Coping with Stress



“You can do anything, but not everything”

<https://youtube/GVWRvVH5gBQ>





Definition of Stress

HOW DO YOU DEFINE STRESS?

Stress: The response of the body to the demands of daily living.

Stressor: The source or cause of stress. They cause the body to respond (physical, mental, or social).

- Argument with a friend, worrying about a test, etc.
- Other examples?



Responses to Stress

Students don't always have the same responses to stressors (some positive & some negative).

Eustress: Healthful response to a stressor.

- A student might experience stress before being in a school play. (Responds by rehearsing the lines many times and performs well)
 - Student Examples?

Distress: Harmful response to a stressor.

- A student might experience stress before a test. (May not be able to sleep due to anxiety and performs poorly)
 - Student Examples?
- Everyone experiences stressors, it is impossible to avoid. It is important to know how to manage stress.



General Adaptation Syndrome (GAS)

This is a series of changes that occur in the body when stress occurs.

The **alarm stage** is the first stage in which adrenaline is secreted into the bloodstream. **Adrenaline** is a hormone that prepares the body for quick action.

The **resistance stage** is the second stage when the body attempt to return to normal.

The **exhaustion stage** is the third stage in which wear and tear on the body increases the risk of diseases and accidents.

- People who experience this stage frequently have a higher incidence of cardiorespiratory disease and certain kinds of cancer.



General Adaptation Syndrome (GAS)

1. Alarm stage

Pupils dilate
Hearing sharpens
Saliva decreases
Heart rate increases
Blood pressure increases
Digestion slows
Blood flow to muscles increases
Muscles tighten

2. Resistance stage

Pupils constrict
Hearing is normal
Saliva increases
Heart rate decreases
Blood pressure drops
Digestion slows
Blood flow to muscles decreases
Muscles relax

3. Exhaustion stage

The body is worn down
Accidents are likely to occur
Diseases might develop

Stress Management Skills

(These are techniques to cope with the body changes produced by stress.)

1. Use responsible decision-making skills.
2. Get enough rest and sleep.
3. Participate in physical activities.
4. Use a time management plan.
5. Write in a journal.
6. Spend time with close friends.
7. Talk with parents and other trusted adults.
8. Help others.
9. Express affection in appropriate ways.
10. Care for pets.
11. Change one's outlook.
12. Keep a sense of humor.

WAYS TO COPE WITH STRESS

climb in a tree and read!

GO OUTSIDE/
FRESH AIR

EXERCISE
• WALK
• RAN
• BALL, ETC.

TALK TO A
COUNSELOR
😊

Go TO
YOUR
"HAPPY PLACE"

DO
SOMETHING
KIND FOR
SOMEONE
ELSE

play with
pets.

LIMIT
TECHNOLOGY

DEEP
BREATHING

DRINK A
BIG GLASS
OF WATER

ASK
FOR
HELP!

Cool down
for 5 minutes

GET
MORE
SLEEP

LISTEN
TO MUSIC
YOU ENJOY

DANCING
SINGING

VOLUNTEER
TIME

Music w/
headphones

WATCH
FUNNY
MOVIE/SHOW

TAKE
DOG FOR
A WALK

FIDGET
SPINNERS
STRESS
BALL

JOURNAL
WRITING

DRAW
OR
CREATE
SOMETHING

READ
A
BOOK/
MAGAZINE

TALK TO
A TRUSTED
FRIEND/
ADULT

SPEND
TIME w/
PEOPLE YOU
LOVE ♡

EAT
HEALTHY



Other Strategies for Distracting/Coping:

Blowing Bubbles: Imagine stressor is the bubble and when it pops, the stressful issue goes away with it.

Favorite Show/Series: This can get us out of our heads/world and allow us to live in another for awhile.

Doodling/Coloring: Can be a relaxing distraction.

Puzzles/Word games: More challenging to distract your brain.

Writing/Posting Inspirational Quotes: The act of writing positive messages can actually improve our mood. Putting them in places you'll see everyday can help train your brain.

Creating Music/Playlists: Can be distracting and help improve our moods (express feelings).

Write a Nice Card: Help you focus on someone positive in your life.



The Calm Breathing Techniques

1. Take a slow breath in through the nose (for about 4 seconds).
2. Hold your breath for 1 or 2 seconds.
3. Exhale slowly through the mouth (over about 4 seconds).
4. Wait 2-3 seconds before taking another breath (5-7 seconds for teenagers).
5. Repeat for at least 5 to 10 breaths.





Balloon Activity





When You Need Even More Support....

- Books
 - “When Nothing Matters Anymore”-A survival guide for depressed teens.
- Websites
 - NAMI (www.nami.org)
 - www.depression.com
 - www.mentalhealth.com
- Crisis Hotline (24 hours)
 - 1-888-568-1112
- Mrs. Hill :)



Nothing
is permanent.

Don't stress yourself
too much because no matter
how bad the situation is...
it will change.