



STRESS is your body's reaction to change, demands, or difficult situations.
STRESS is a part of everyday life, but too much stress can be difficult to handle.

Stress Symptoms

- ☛ feeling overwhelmed
- ☛ trouble sleeping
- ☛ feeling frustrated, nervous, or angry
- ☛ getting headaches or stomach aches
- ☛ having a hard time relaxing
- ☛ poor eating habits
- ☛ feeling dread or panic with thinking about everything you have to do



Handle Your Stress



- ✓ practice relaxation techniques like deep breathing, visualization, and muscle relaxation
- ✓ sleep, eat healthy, and exercise
- ✓ take time for yourself
- ✓ make to-do lists so you don't dwell on what needs to be done
- ✓ get support from family, a friend, or a trusted adult and talk things out
- ✓ confront your stressors - create a plan to deal them

Mindfulness

Making the effort to notice things that you wouldn't normally pay attention to.

- be present in the moment to focus on what you are doing and experiencing
- train your brain to target your attention
- stretch the limit of your attention span
- determine what works for you and do it

Cultivate Happiness

- exercise
- develop a hobby
- spend time outside
- laugh and smile
- learn something new
- make time for fun and relaxation
- adjust your attitude