

Emotional Health



What is Stress?

Stress is your body's response to anything that requires attention or action. Everyone experiences stress in some way. Stress can make us feel like our heart is racing. Your breathing can go much faster. Our palms might get sweaty, and you might feel frightened. Feeling stressed sometimes is NORMAL.

We can all show we are stressed in different ways, some ways are through our emotions and some our physical and through our bodies.

Emotional Signs

- Being Easily Upset or Mad
- Feeling Overwhelmed
- Having Difficulty Relaxing
- Feeling Bad About Yourself
- Avoiding Others
- Can't Focus
- Always Worrying
- Poor Judgment or Decision Making

Physical Signs

- Low Energy
- Headaches
- Upset Stomach
- Tense Muscles
- Trouble Sleeping
- Nervousness
- Chest Pain and Rapid Heartbeat
- Arches and Pains

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Dealing with Stress

When feeling stressed there are many things you can do to help you relax and feel better. Getting a good nights sleep, eating well and exercise are all things that can benefit you and help reduce stress.

Coping methods are some other techniques you can do to help when you are stressed.

- Using a Stress Ball
- Thinking Positive Thoughts
- Deep Breathing
- Stretching
- Getting Support

You may find you prefer one coping method over another. Try practicing each to know which one works for you best.



Using a Stress Ball



Strategy 1: Using a Stress Ball

If you are feeling stressed, angry, or overwhelmed, try squeezing something like a stress ball. Squeeze the ball for 3 seconds, release the ball slowly, and then repeat 5 to 10 times for 1 minute.

