MENTAL HEALTH TOOL KIT

Stress Less
What is Stress?

Stress is a non-specific response of the body to a stressor.
There are 2 kinds of stress

- **Eustress** = Good Stress
- **Distress** = Bad Stress

Both types of stress are caused by 3 types of STRESSORS:

**Physical:**
- demands on your body
- your physical environment
- injury

**Emotional:**
- negative feelings
- feeling guilty
- self-criticism

**Social:**
- overbooked schedule
- conflicts with family or friends
When your body feels stress it reacts physically and/or emotionally

**Emotional Reactions**
- Feeling sad or depressed
- Irritability
- anger
- Anxiety
- Feeling mad at yourself
- Quick to breakdown

**Physical Reactions**
- Headache
- Stomach ache
- Change in eating habits
- Poor sleep
- Tiredness
- Poor concentration
Stress VS Anxiety:
Stress is the result of an upcoming event; anxiety is constant stress over a long period of time.

Common Anxiety Disorders

- Obsessive-compulsive disorder (OCD)
- Social phobia (or social anxiety disorder)
- Post-traumatic stress disorder (PTSD)
- Generalized anxiety disorder (GAD)
- Specific Phobias

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Causes of STRESS

- Social Media
- School
- Conflicts with Friends
- Conflicts with Family
- Changes in your mind and body
- Pressure to use drugs or alcohol
- Job
- Schedule
- After school activities
Life Hacks to Handle Stress

Practice Mindfulness

Talk to someone

Practice deep breathing

Exercise and eat healthy
Get proper sleep

Learn to be comfortable with your feelings

Do a body scan

Set small goals

Learn new skills to deal with difficult emotions
Going to a COUNSELOR or THERAPIST when you're feeling SAD or OVERWHELMED should be as normal as going to the DOCTOR when YOU have the FLU. Let's end the STIGMA about MENTAL HEALTH.