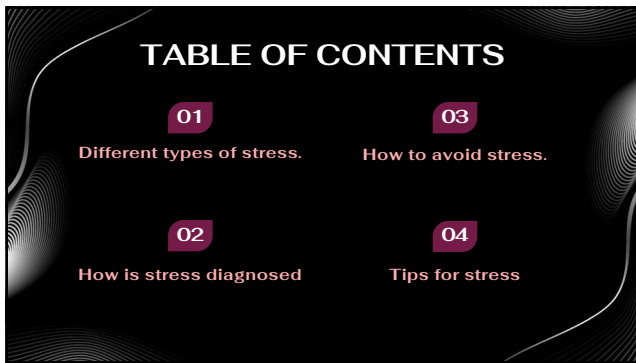




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What is stress ??

"Stress can be defined as a state of worry or mental tension caused by a difficult situation"

My definition: thinking about too much at once, feeling tension or really overwhelmed with a situation one might be in.



4

How stress might affect us?




- Depression,
- headaches,
- heart disease,
- high blood pressure,
- sleep problems
- anxiety,
- digestive Issues,
- muscle tension
- heart attack,
- stroke,
- weight gain.



5


What happens to the body during stress?

- Unhealthy behaviors**
Smoking, overeating, use of drugs
- Emotional thoughts**
Depression, feeling sad, anxiety
- Internal body**
Aches and pain, high blood pressure, digestive problems, muscle tension
- Sleep**
Sleep trouble.




6


THE 3 TYPES OF STRESS



Acute stress
Acute Stress Disorder (ASD) is a mental health problem that can occur in the first month after a traumatic event.



Episodic acute stress
Episodic acute stress is when a person experiences acute stress frequently. If you have episodic acute stress, you may feel like you are always under pressure or that things are always going wrong. This can be exhausting, both physically and mentally.



Chronic stress
A consistent sense of feeling pressured and overwhelmed over a long period of time. Symptoms include aches and pains, insomnia or weakness, less socialization, unfocused thinking.

7

6 TIPS TO AVOID STRESS



sleep
Sleeping early and making time for it.



CARE DAY
TAKE TIME FOR YOURSELF



Loved ones
Being around people that makes you happy



Journing
Write down how you feel if you don't want to share with others



Seek help
Talk about it.



Relaxing
Meditation, relaxing music

8

5 TIPS THAT WORK FOR MYSELF

- COOKING
- BIKING
- DO HAIR
- SLEEPING
- BEING AROUND FUNNY PEOPLE

9



10
