



1

---

---

---

---

---

---

---

---

### What is Stress?

*Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives.*

### What causes Stress?

*It is often triggered when we experience something new or unexpected that threatens our sense of self or when we feel we have little control over a situation. We all deal with stress differently.*

2

---

---

---

---

---

---

---

---

### Health problems that can be a result of stress

<h4><u>Anxiety</u></h4> <p><i>anxiety aren't you like... worried? me about what? anxiety ok. me. oh my god you're right</i></p>	<h4><u>Depression</u></h4> <p><i>When you suffer from depression and somebody tells you to just cheer up.</i></p>	<h4><u>Heart Diseases</u></h4> <p><i>I have heart disease. That you go see a cardiologist</i></p>	<h4><u>Headaches</u></h4> <p><i>Types of Headaches</i></p>
<h4><u>Weight Gain</u></h4> <p><i>Am anxiety still getting out of quarantine and heading straight to the beach line.</i></p>	<h4><u>Muscle Tension and pain</u></h4> <p><i>When you continuously do nothing about your back pain</i></p> <p><i>"It will work itself out."</i></p>	<h4><u>Sleep Problems</u></h4> <p><i>MOST PEOPLE TELL YOU TO SLEEP ON A PROBLEM BUT WHAT IF YOUR PROBLEM IS INSOMNIA?</i></p>	

3

---

---

---

---

---

---

---

---

### Different ways to manage stress

- ❖ Stay Organized
- ❖ Take Walks in Nature
- ❖ Manage Time Effectively
- ❖ Practice Self-Care
- ❖ Do things that interest you to distract the mind

---

---

---

---

---

---

---

---

4

#### Staying Organized

Staying organized helps not be stressed out because if you aren't you will most likely procrastinate, and it'll be stressing to do everything last minute. You can get a planner, set reminders on phone or have post its around your computer or notebook if that's more helpful.



#### Take walks in Nature

Taking walks in Nature lets you take in fresh air and see different animals or types of flowers in Nature, and that distracts the mind from whatever is making you feel stressed out. You can go to Central Park, Hiking, etc.



#### Manage time Effectively

Managing time helps you include things in your life and it's not just one thing constantly in your mind which can lead to stress. For example, you don't always want to be thinking of school and nothing else because it can be stressful like that to some. So, by managing time I would say having a set time to sleep, exercise, study, throughout the whole day.

#### Practice Self-Care

Practicing self-care reduces stress by again distracting your mind. Doing self care can include resting to some, doing their nails/hair, going to the gym, playing a sport. You'll be being available for yourself and don't have to mind during that time other things.




---

---

---

---

---

---

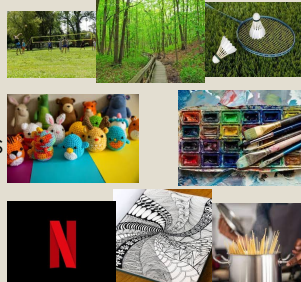
---

---

5

### Do things that interest you to distract the mind

- ❖ Playing Volleyball
- ❖ Playing Badminton
- ❖ Cooking
- ❖ Crocheting
- ❖ Going on Nature Walks
- ❖ Painting
- ❖ Drawing
- ❖ Watch Netflix




---

---

---

---

---

---

---

---

6

### SOURCES

✦ <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987#:~:text=Stress%20and%20depression%20with%20stroke%2C%20obesity%20and%20diabetes.>

---

---

---

---

---

---

---