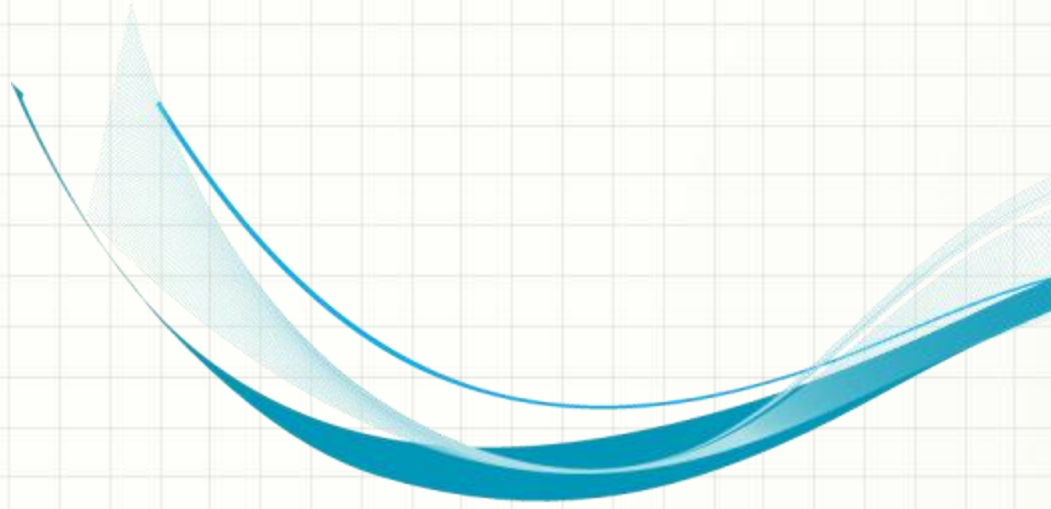


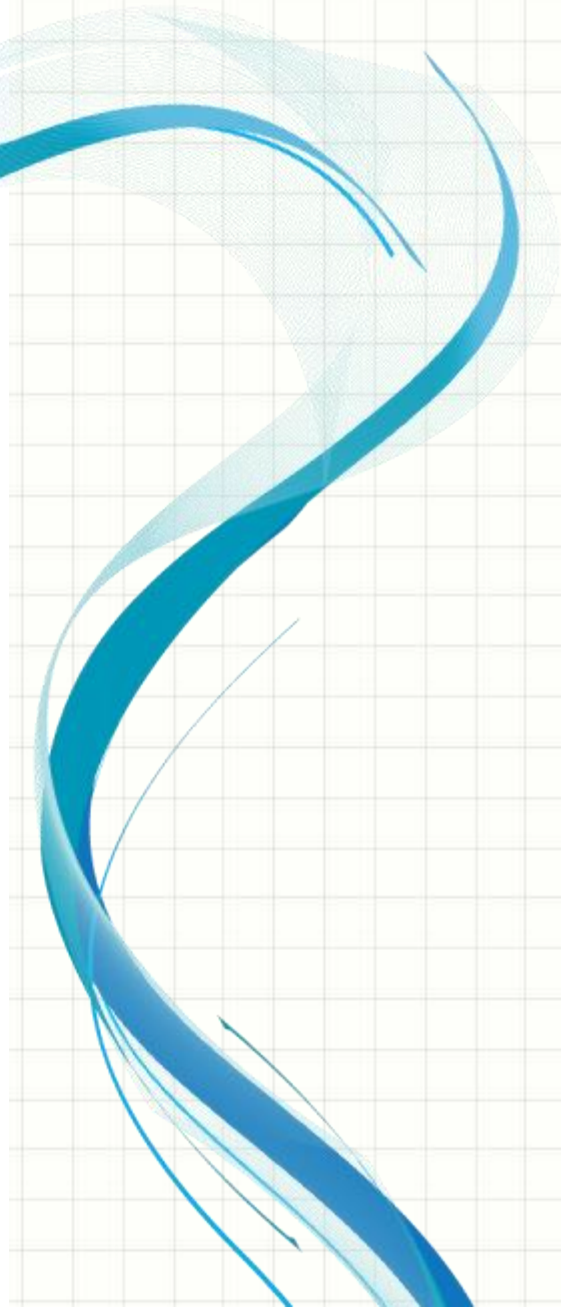


STRESS MANAGEMENT

**TIPS ON RECOGNIZING AND
MANAGING DAILY STRESS**



WHAT IS STRESS?



- Stress is the body's natural reaction to changes and challenges
 - The stress response is your body's way of protecting you
 - When working right, it can help us be more alert and prepared when we need to be
- Stress is a natural and important part of life, but too much of it can be overwhelming and even damaging to our health
- We all react to stress in different ways
- When under a lot stress, we can experience feelings such as frustration, sadness, anger and nervousness
- Physical reactions may occur like fast heartbeat, sweating, headaches, or stomachaches

Turn to your
neighbor and talk
about what
stresses you out



CAUSES OF TEEN STRESS (STRESSORS)

- As a teen, there are a lot of potential sources of stress
- At school
 - Heavy homework loads, tests that require a lot of studying, college apps, and sometimes even changing schools
- Stressful issues at home
 - Parents' expectations, loss of loved ones, dealing with siblings
- Teens must also face bodily changes during puberty
- Peer pressure
- Changes in relationships

Signs and Symptoms of Stress Overload

- Emotional
 - Depression/unhappiness
 - Anxiety and agitation
 - Moodiness, irritability, or anger
 - Feeling overwhelmed
 - Loneliness and isolation
- Cognitive
 - Memory problems
 - Inability to concentrate
 - Poor judgement
 - Seeing only the negative
 - Anxious thoughts
 - Constant worrying



Possible Signs and Symptoms of Stress Overload

- Behavioral
 - Consistently eating too much or too little
 - Sleeping too much or too little
 - Withdrawing from others
 - Procrastinating or neglecting responsibilities
 - Nervous habits
- Physical
 - Aches and pains
 - Frequent diarrhea or constipation
 - Nausea, dizziness
 - Chest pain, rapid heart rate
 - Frequent colds or flu

*Medical concerns should always be discussed with your parent and physician to rule out any underlying medical conditions

RECOGNIZE YOUR STRESS

- Listen to your body
 - Get in the habit of paying attention your body's clues
- Observe your muscles and insides
 - Clenched jaw? Stomach cramps or pain? Muscles tense?
- Observe your breath
 - Notice when you breath fully, or even forget to breath

COPING HABITS




UNHEALTHY COPING HABITS



It is important to avoid using counter productive coping habits such as:

- Alcohol/drugs
- Irregular eating habits
- Withdrawing from friends and family
- Spending too much time on tv/computer; excessive amounts will stimulate your mind and keep you from getting rest
- Procrastination
- Angry outbursts; verbal or physical violence should never be an option!



Turn to your neighbor and discuss
one example of a healthy coping
strategy you have successfully
used

WE ALL EXPERIENCE STRESS

Here are some easy, *healthy* ways to help relieve stress:

- Ask for help
- Breathe deeply
- Eat healthy
- Get plenty of sleep
- Make time to relax
- Exercise regularly
- Break tasks down into manageable components



NOT ALL STRESS IS BAD

If you enjoy certain challenging activities, you can experience positive stress when you engage in them.

However, be sure to give your body time to recover so it can continue to manage daily stress.



TIPS FOR STAYING ON TOP OF STRESS

- Take care of your body
- Think positively
- Tackle one task at a time
- Prioritize assignments
- Keep a reasonable schedule and don't try to do too much
- Plan ahead and set a reasonable timetable
- Forgive yourself and others
- Make time for things you enjoy



REMEMBER

1


Stress is normal

2

Do the best you can

3

What is stressful today may
not be important tomorrow



If you are feeling overwhelmed or
need more support....

Talk to your counselor about setting up a
meeting or stop by the C.O.D desk

Monday: Fox/Snaer

Tuesday: Poon/Sandoval

Wednesday: An/Sandoval

Thursday: Darr

Friday: Chin/Oku

Local Mental Health Resources

- Santa Anita Family Services (see your counselor for referral)
 - 605S. Myrtle Ave, Monrovia 626-359-9358
- Maryvale (see your counselor for referral)
 - Family Resource Center
 - 2502 E. Huntington Dr, Duarte 626-263-9133
www.Maryvale.org
- Pacific Clinics
 - 800 S. Santa Anita Ave., Arcadia 877-722-2737
www.pacificclinics.org
- Foothill Family Services
 - Centers in Pasadena, El Monte, West Covina, Duarte and Pomona
www.foothillfamily.org 626-993-3000

SUPPORT

- Suicide Prevention Hotline
 - 1-800-suicide
 - 1-877-870-4673
 - 1-800-273-talk (8255)
- National Suicide Prevention Lifeline
 - 1-9800-273-8255
 - 1-888-628-9454 (Spanish)
- LA County Human Services Hotline
 - Dial 211 www.211LA.org
- LA County Department of Mental Health
 - 1-800-854-7771
 - www.dmh.lacounty.gov
- Asian Pacific Counseling and Treatment Center
 - 213-252-2100 [www. Apctc.org](http://www.Apctc.org)
- Teen Line
 - 1-800-852-8336
 - www.teenlineonline.org
- Didi Hirsch-Suicide Prevention
 - 1-877-727-4747
 - www.didihirsch.org
- California Youth Crisis Line
 - 1-800-843-5200
- The Trevor Project-LGBTQ
 - 1-866-488-7386
 - www.thetrevorproject.org
- LA Gay and Lesbian Center
 - 323-993-7400
 - www.LAgaycenter.org
- Samariteens
 - 1-800-252-teen

Quick Questions

- Can you identify on sign or symptom of stress?
- Can you identify one healthy coping habit?
- Can you identify one resource you can use if you are feeling stressed?