# Highlander's Handbook of Health and Wellness

### CHAPTER 2: Stress

Stress (stres) *n.* **1** (*Physiology*) a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal physiological equilibrium of an organism.



Stress is a feeling of emotion or physical tension that can come from any event or thought that makes you feel frustrated, angry, or nervous.



... of a stressed out teen

- Stayed up late studying
- Overslept by 10 minutes and had to skip breakfast
- Received a tardy in 1<sup>st</sup> period
- Had a test in 2<sup>nd</sup> period and struggled to stay awake and remember what was studied
- Overheard "friends" talking bad about you during lunch
- Out of town game after school– got home at 9:30
- Project due the next day that you haven't started
- Overheard parents arguing in the next room

# STRESS

Stress is caused when something unexpected happens that interferes with your goals.

It's physically impossible to be anxious and relaxed at the same time.

Are situations around you causing you anxiety and worry?



Do you feel like you can't cope with the pressures around you?

### REACTIONS TO STRESS:



#### **Cognitive Reactions:**

- ✓ Memory loss
- ✓ Loss of concentration
- ✓ Negative Outlook



### **Behavioral Reactions:**

- ✓ Binge or reduced eating
- ✓ Drug or alcohol abuse
- ✓ Erratic sleep habits

#### **Emotional Reactions:**

- ✓ Hostility
- ✓ Helplessness
- ✓ Unhappiness
- ✓ Loneliness





### Stress can lead to...

Substance Abuse

Fatigue

Diseases like Diabetes, Alzheimer's, and Asthma

Weight Gain

Acne

Headaches

Increased blood pressure and heart rate

Muscle Tension

**Gastrointestinal Problems** 

Depression, anxiety and other mental illnesses

**REACTIONS TO STRESS** 

## HEALTHY WAYS TO COPE WITH STRESS

#### **GET PHYSICAL**

- ✓ Exercise Find something you enjoy doing and do it
- ✓ Go outside and breathe some fresh air and feel the sun
- ✓ Listen to music
- ✓ Pray, meditate or do yoga



Soaking up at least 15 minutes of sun can supply your body with Vitamin D, improve your sleep, reduce stress and depression, and give you more energy.

MANAGE YOUR TIME ON SOCIAL MEDIA, GAMING, INTERNET, BINGE WATCHING

### TAKE CARE OF YOUR BODY

Don't skip meals
Eat more fruits and veggies
and less fast food

Drink more water
Water increases energy and reduces fatigue

# HEALTHY WAYS TO COPE WITH STRESS

Sleep is food for the brain
Get enough sleep - Teens
need between 8 and 10
hours of sleep each night



# HEALTHY WAYS TO COPE WITH STRESS



#### FIND BALANCE

- ✓ School is important but it's not everything!
- ✓ Find time to enjoy life make plans to do something fun

FOCUS ON YOUR STRENGTHS
Find what you are good at
and let yourself shine!

#### TALK TO SOMEONE

- ✓ Find someone you trust to talk to
- ✓ Ask for help if you need it

### MANAGE YOUR TIME

### 1. Start a To-Do List

Crossing things off your list will give you a great sense of accomplishment

### 2. Use a Calendar or Planner

Write down events, due dates, tests, quizzes, etc...

### 3. Work Smart

Take advantage of extra time in your schedule to do a little work A few minutes here and there will add up quickly and free up other time

### 4. Don't Procrastinate

Don't wait to the last minute to complete homework and start projects

### 5. Know Your Limits

Try not to overextend yourself
Keep your To Do List at a
manageable level
Don't overcommit



Stress is not what
happens to us.
It's our response to
what happens and
response is something
we can choose.

If you are feeling stressed and overwhelmed, please talk to someone. Find a trusted friend, parent, teacher, or counselor to help you navigate life.





Why yes, I'm a bit stressed. Why do you ask?