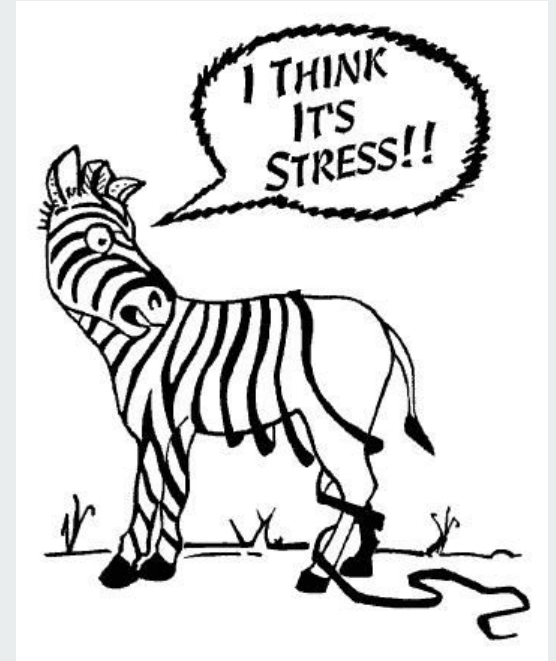

Healthy Coping Skills



What is stress?





What is Stress?

- Webster's defines stress as a physical, chemical, or emotional factor that causes bodily or mental tension.
- Stress is a feeling that is created when we react to particular events. It is your body's way of preparing to face tough situations with focus, strength, and stamina. **These events are called stressors.**
- Simply put, stress is the way your body and mind reacts to life changes.

Effects on Body

Headaches

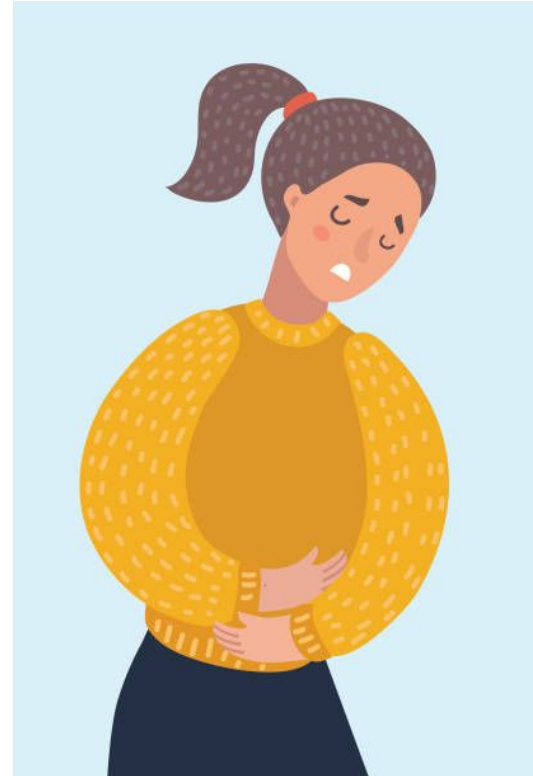
Stomach aches

Trouble sleeping

Muscle tension or pain

Fatigue

Chest pain



Effects on Mood

Anxiety

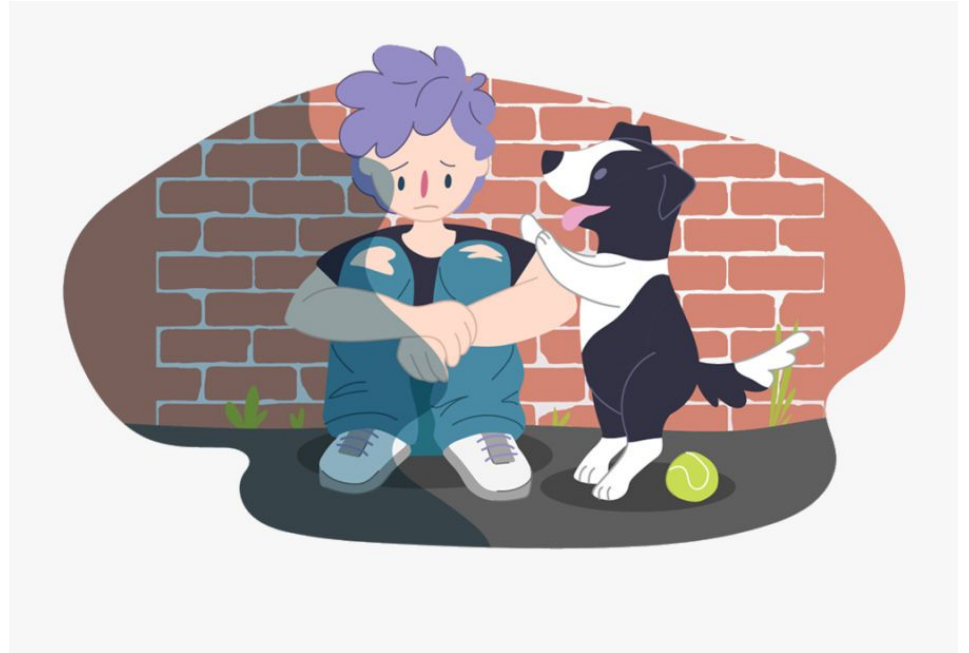
Restlessness

Feeling overwhelmed

Angry or irritable

Depressed or sad

Lack motivation



Effects on Behavior

Over or under eating

Angry outbursts


Drug or alcohol use

Tobacco use

Social withdrawal

Exercising less





When you're not feeling safe...

...you go into survival mode.



FIGHT



FLIGHT



FREEZE



Triggers for Stress

- Overwhelmed at school/work
- Illness of self or family member
- Family/home stressors
- Money concerns
- Traumatic experiences

Healthy Coping Skills

Healthy Coping Skills



- Exercise: Healthy doses of exercise release endorphins and help to reduce tension, stabilize moods, and improve self-esteem and sleep habits, thus working as an optimal coping mechanism for stress.
- Meditation/Mindfulness: Yoga, meditation, and mindfulness activities can be useful to bring about self-reflection and put you more in tune with your body. By learning how the mind, body, and spirit are connected through breathing exercises and meditative techniques, these connections can be strengthened and help to form healthy ways to manage stress and tension.



Healthy Coping Skills

- Spirituality: For many, finding faith and a connection to a higher power or the universe can provide an inner strength and strong foundation for managing difficulties as well as for self-introspection.
- Positive Reframing: Try to think of things in a positive light instead of a negative one. By thinking of conflicts positively, perspectives can be changed for the better. Resist the urge to see things negatively and instead think of positive alternatives.



Healthy Coping Skills

- Humor: Laughter can help people to see things in a lighter frame of mind.
- Problem-solving: By identifying a problem as it arises, you can better learn how to handle it and not be overwhelmed by the issue.
- Art, Journaling, or Creative Expression: Creative outlets can provide a way to express oneself in a healthy manner. Journaling can be a method of expelling negative thoughts, and creative expressions can work to relieve stress.
 - What are some examples of creative expression?



Healthy Coping Skills

- Communication & Support: Talk it out, and don't be afraid to ask for help when needed! Healthy communication can be a great outlet for releasing stress, and it can be helpful to have a support group of peers, therapists, family members, friends, and mentors to lean on and talk to on regular basis.
- Giving Back: Volunteering for a charity, mentoring others, or putting energy into a positive outlet can be a helpful way of reversing and channeling negative emotions in order to help others.



Healthy Coping Skills

- Other Healthy Choices: It is also vital to get enough sleep, eat healthy, and continue to focus on problem-solving skills in order to keep up the motivation to continue making healthy choices and not resorting to alcohol or other substances.
- Reminder: Remaining *vigilant*, *patient*, and *committed* to healthy choices is important.



And Remember...

Just Breathe!

(Video)