**Stress Management/Healthy Choices**

**What is Stress?**

Stress is a feeling of emotional strain and pressure from external and internal factors, related to anxiety. Everyone experiences stress, but with varying intensity and frequency.

➢ It is often expressed as feeling overwhelmed, worried, or upset
➢ It can cause stomach pain, headaches and physical tension too

**How to Cope with Stress**

Learning how to deal with stress and recognize unhealthy levels of stress is an important life skill.

3 Types of Well-Being - Physical, Mental and Emotional/Spiritual -
● Physical: getting enough sleep, eating healthy, exercising, etc.
● Mental: thinking positively, reading, limiting distractions, etc.
● Emotional/spiritual: spending time with friends, having fun, etc.
● It is important to have a balance in life, where all of these elements are present and fulfilled.

Suggested Activities
➢ Identify situations when you feels stress, discuss how to manage it
➢ Make stress balls (balloon filled with sand)
➢ Practice deep breathing techniques
➢ Write list of favorite coping methods
➢ Color well-being wheel (3 sections) and list activities for each part
➢ Do a short workout (ie. 10 sit ups, 5 pushups, 20 jumping jacks)
➢ Make a weekly healthy habit tracker
➢ Talk with a friend
➢ Express yourself through art

**Things to Remember**

- We are all works in progress, if you are stressed, identify the problems and brainstorm solutions
- Remember  peer pressure/impact of who we surround ourselves with
  - ➢ Can have a positive or negative influence
  - ➢ Do not feel pressured to be as good as someone else just be yourself
  - ➢ It's okay to say no to things that seem uncomfortable/unhealthy
- YOLO: you only live once, so make the most of it by taking care of yourself
  - ➢ Figure out personal values/priorities
  - ➢ Know when to ask for help regarding health and well-being