Coping With Stress Notes

*“The greatest weapon against stress is our ability to choose one thought over another.”*

-William James

**Stress**

\_\_\_\_\_\_ is your body’s response to changes around you.

Stress is normal. \_\_\_\_\_\_\_\_\_\_\_ experiences it!

But, stress that last a long time can harm your physical, mental/emotional, and social health.

**Big v. Small Causes of Stress**

Stress can result from small events like waking up late or big events like moving to a new school.

Often times people respond to stress with feelings of \_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_ is feelings of uncertainty or \_\_\_\_\_\_\_\_over what might happen.

**Your Body’s Response to Stress**

Your body responds to stress in the following ways:

* Your body releases the hormone \_\_\_\_\_\_\_\_\_\_.
* Your muscles \_\_\_\_\_\_\_\_\_.
* Your \_\_\_\_\_\_\_\_\_ speeds up.
* Your heart rate \_\_\_\_\_\_\_\_\_\_.
* Your \_\_\_\_\_\_\_\_\_\_ activities slow down.

**“How do I deal with Stress?”**

While you can’t always avoid stress, there are \_\_\_\_\_\_\_\_\_\_\_\_\_ that can help you \_\_\_\_\_\_\_\_\_ your stress.

To promote your total health it is essential that you have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Stress Management Strategies**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: What is causing you stress?
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Talking to a trusted individual helps reduce stress.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: What is most important?
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Use your energy for something positive.

Then, Put it into Action!