



WHAT IS STRESS?

Stress is primarily a **physical** response. When stressed, our body thinks it is **under attack** and switches to **'fight or flight'** mode, causing a number of reactions in your body from short-term side effects, to long-term illness. There are two types of stress we experience: eustress and distress.

EUSTRESS MOTIVATES YOU



Taking a **test or quiz**
Going to **college**
Joining an organization
A **challenging** class

DISTRESS HURTS PROGRESS

Excessive school demands
Relationship **trouble**
Unrealistic expectations
Injury or illness



RECOGNIZING YOUR STRESSOR

It's important to learn what **triggers your stress** in order to deal with it effectively.

Remember the **3 P's** when trying to recognize your stressor:

1. Your **perception** of the situation
2. The **physiological** factors (very cold/hot temperatures, injury, chronic illness or pain)
 - ex. getting caught in the rain or being unprepared for the heat/humidity
3. The **psychological** factors (events, situations, comments, that we can interpret as negative)
 - ex. something mean or negative a friend said, or a fear of public speaking

SIGNS OF DISTRESS



Cognitive

- **Memory** problems
- Inability to **concentrate**
- Poor **judgement**
- Seeing only the **negative**
- **Anxious** or racing thoughts



Emotional

- Depression or general **unhappiness**
- **Anxiety** or agitation
- **Moodiness**, irritability or anger
- Feeling **overwhelmed**
- **Loneliness** and isolation



Physical

- **Aches** and pains
- **Diarrhea** or constipation
- **Nausea**, dizziness
- Chest **pain** and rapid heart rate
- Loss of **sex drive**
- Frequent **cold or flu**



Behavioral

- **Eating** more or less
- **Sleeping** too much or too little
- **Withdrawing** from others
- Procrastinating or **neglecting** responsibilities
- Using **alcohol**, cigarettes, or drugs to relax
- **Nervous habits** (e.g. nail biting, pacing)

CONSEQUENCES OF STRESS

Chronic stress **disrupts nearly every system in your body**. It can suppress your immune system, upset your digestive and reproductive systems, increase the risk of heart attack and stroke, and speed up the aging process. Chronic stress can even rewire the brain, leaving you more **vulnerable to anxiety, depression**, and other mental health problems.



10 WAYS YOU CAN REDUCE YOUR STRESS

1. Prioritize your health



2. Get a good night's sleep



3. Practice deep breathing

4. Eat for wellbeing



5. Make time for things you enjoy



6. Master your time management skills

7. Learn to say no sometimes



9. Talk to someone



8. Adopt a more positive mindset

10. Participate in physical activity