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
8. Adopt a more positive mindset
9. Talk to someone
10. Participate in physical activity