

# STRESS

Stress is a feeling of Emotional or Physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous.

## THERE ARE TWO TYPES OF STRESS

Acute Stress occurs when someone has a particularly strong reaction to a stressing event such as a real or threatened death, serious injury, sexual violation or a natural disaster.

Post Traumatic stress happens from three days to a month after the event and goes beyond the normal upset you'd expect.

### TALK TO THEM

Give them resources such as:

1. School Counselor
2. School Health Center
3. Healthcare Provider
4. Trusted Adult
5. 1st Online Resource
6. 2nd Online Resource

### ENGAGE THEM

1. Go to them and just hang out
2. Send messages of encouragement
3. Ask them what support they need

### TAKE CARE OF YOURSELF

1. Spend time with other friends too
2. Talk to a trusted adult
3. Students choose a self-care activity/app

# STRESS

## MY SELF-CARE KIT

### My People:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### My Things:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### My Hotline Number:

( ) \_\_\_\_\_ - \_\_\_\_\_

## MY PERFECT DAY

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