

# Tips on Stress Coping Skills

Thank you to the 8th grade Health & PE Department

# Psychological Signs of Stress

Have you felt any of these??

Point to the most recent you've felt.

## PSYCHOLOGICAL SYMPTOMS OF STRESS



HYSTERICIS



INSOMNIA



HEADACHE

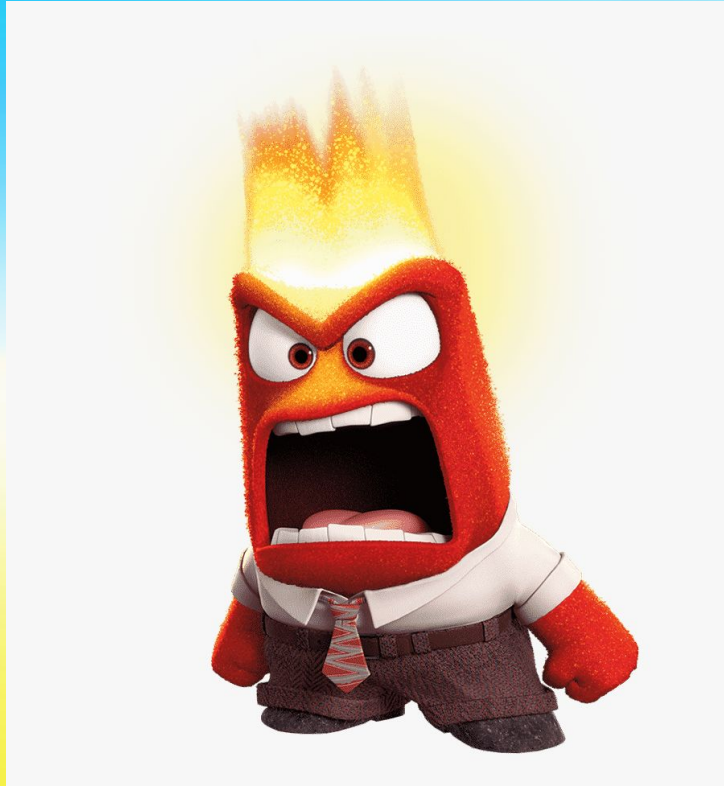


DEPRESSION



ANGER

# Physical Signs of Stress



## SNEAKY SIGNS THAT YOU'RE STRESSED

Here's how your body and brain will tell you it's time to chill out.



# FEELINGS THERMOMETER

How do you feel?



**ANGRY, FURIOUS, EXPLOSIVE**

▶ Yelling, Stomping, Meltdown



**FRUSTRATED, ANNOYED, IRRITABLE**

▶ Arguing, Refusing, Shutting down



**ANXIOUS, WORRIED, UNSETTLED**

▶ Pacing, Avoiding, Clingy



**SAD, NEGATIVE, LONELY**

▶ Crying, Withdrawn, Slowed/Disengaged



**HAPPY, CALM, CONTENT**

▶ Smiling, Laughing, Engaged

What can you do about it?

- Vigorous physical exercise
- Breathe deep breaths
- Take a warm shower or bath

- Meditate/pray
- Listen to favorite music
- Take a fast-paced walk

- Talk to a family member/friend
- Pay attention to each of your 5 senses
- Focus on what you *can* control

- Set a positive goal for the day
- Call a friend or relative
- Journal about your feelings

- Help someone else
- Notice and enjoy your positive mood
- Engage in an enjoyable activity



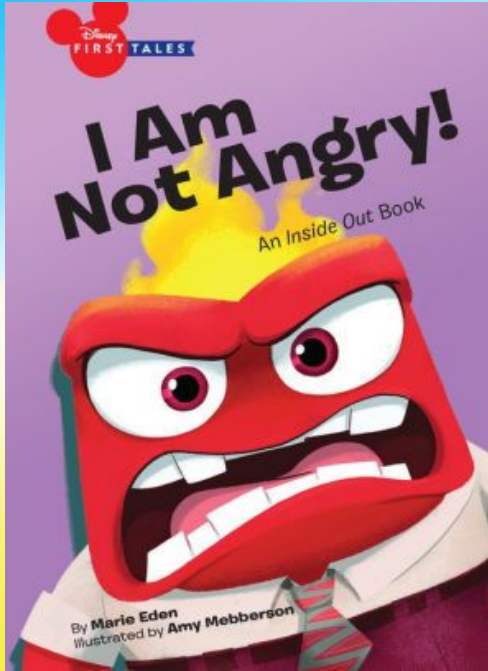
Wisconsin Office of **Children's Mental Health**

[children.wi.gov](http://children.wi.gov)

# Dealing with stress the right way!

Healthy Coping	Unhealthy Coping
View problems realistically	Overeating
Exercising	Ignoring the stressor
Sleep	Quick to get angry
Relaxation (music, writing)	Making excuses
Taking deep breaths	Negative behaviors

# So WHAT can we do about stress??



**Resiliency!**



**Bend, Don't Break!**



# Top 3 Free Apps for Stress

- **MyLife Meditations** – provides guided meditations
- **Happify** - The goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel.
- **Pacifica** - based on cognitive behavioral therapy and meditation, and has some great benefits, like tracking your mood and your health, daily goals, and a thought diary