

STRESS AND COPING SKILLS

What is Stress?

It's the pressure you feel when your body reacts to a threat or a challenge.

Your heart beats faster and your palms may get sweaty.

You feel tense, nervous, and even fearful.

Stress is part of daily life and affects everyone.

Why should I learn about stress?

If you experience too much stress over a long period of time, it can leave you burned out or even ill.

Stress can...

- ❖ interfere with your friendships and daily activities
- ❖ make you less productive at school
- ❖ create problems at home with your family
- ❖ lead to serious health problems in your adult life

What are the causes of stress?

- ❖ Change of any type (moving, entering high school)
- ❖ Family problems
- ❖ Friendship problems
- ❖ Test taking
- ❖ Trying to "fix" something that is not really your business.

How can I manage my stress?

- ❖ Be realistic in your expectations of yourself and others.
- ❖ Manage your time. Don't put yourself in crunch time situations to study or get a school project completed.
- ❖ Develop healthy habits: eat well, get plenty of sleep, drink plenty of water, and avoid soda with caffeine.
- ❖ If you are having a problem, talk it over with a trusted friend or adult.
- ❖ Take appropriate action.

There are four keys to coping.

1. Problem solving – the ability to deal directly with, not avoid, the problems you face and make positive changes to resolve them.
2. Communication – the ability to honestly share thoughts and feelings with others to promote mutual understanding.
3. Closeness – a comfort level with others and the ability to connect with people in your environment.
4. Flexibility – an openness and ability to respond to change.

Healthy coping skills are...

- ❖ Knowing that we control our lives
- ❖ If we have conflict or failure, we can change the situation. (There is no such thing as a mistake. If we learn something, it is a LESSON.)
- ❖ If we can't get what we want, then we can make a situation the best it can be.
- ❖ Sometimes we have to ACCEPT that a situation IS the best it can be.
- ❖ Accepting an unfortunate situation causes us pain because we don't want to lose something we want.
- ❖ Pain is temporary; IT PASSES WITH TIME.