



FRESHMAN FUN DAY

STRESS

AND HOW TO COPE WITH IT

AGENDA

We will...

- Define stress
 - Identify different stressors
 - Provide different ways to handle stress
 - Offer tips and resources
-



Stress is how our body and brain respond to a demand.



Stress is normal, but too much stress can take a toll on our physical and mental health.

Our bodies can handle small amounts of stress, and it can even motivate us.



Stress becomes a problem when there's too much of it or it goes on for too long.



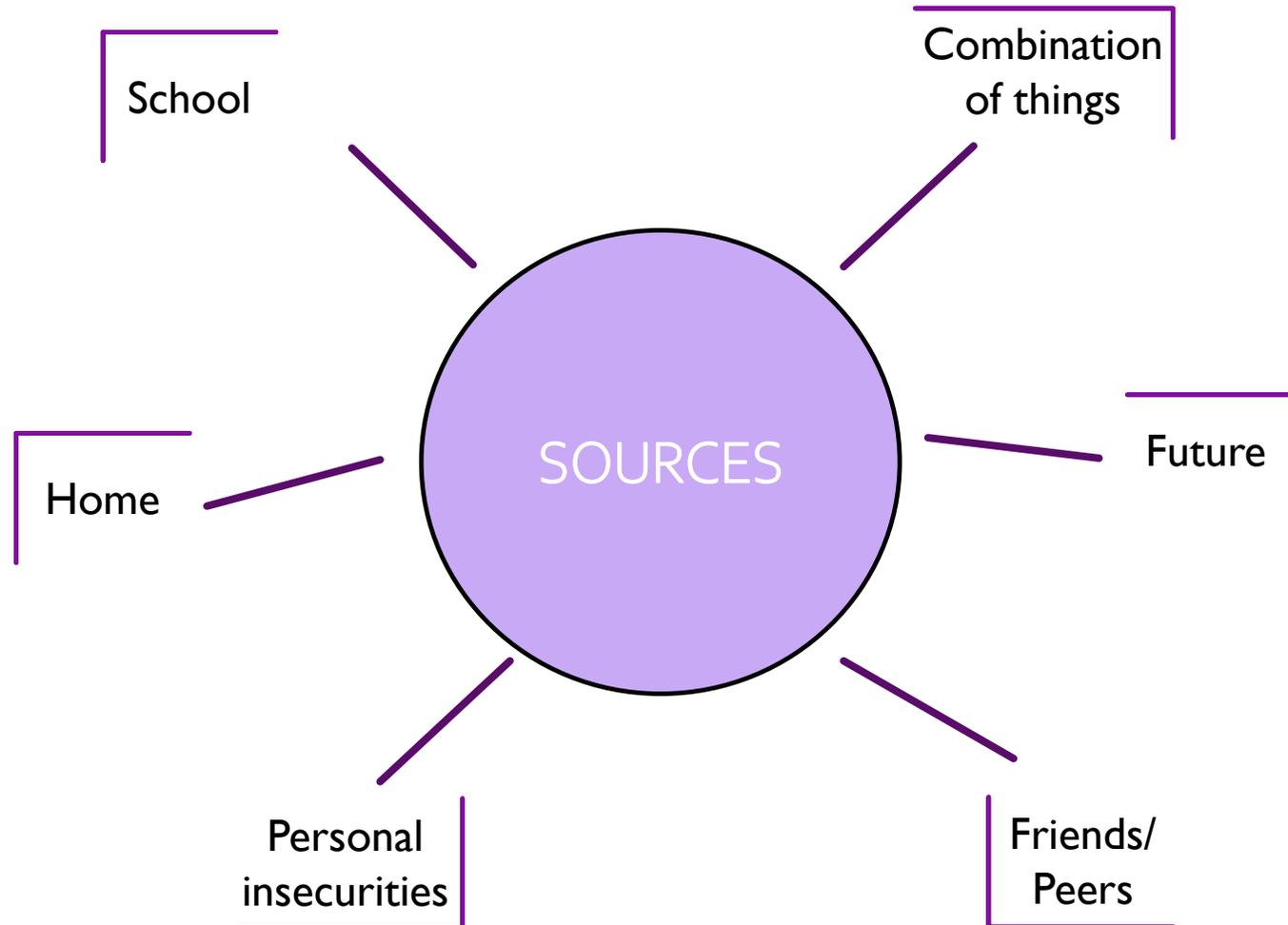
WHAT IS STRESS?



QUESTION

WHAT ARE SOME THINGS
THAT CAUSE YOU
STRESS?

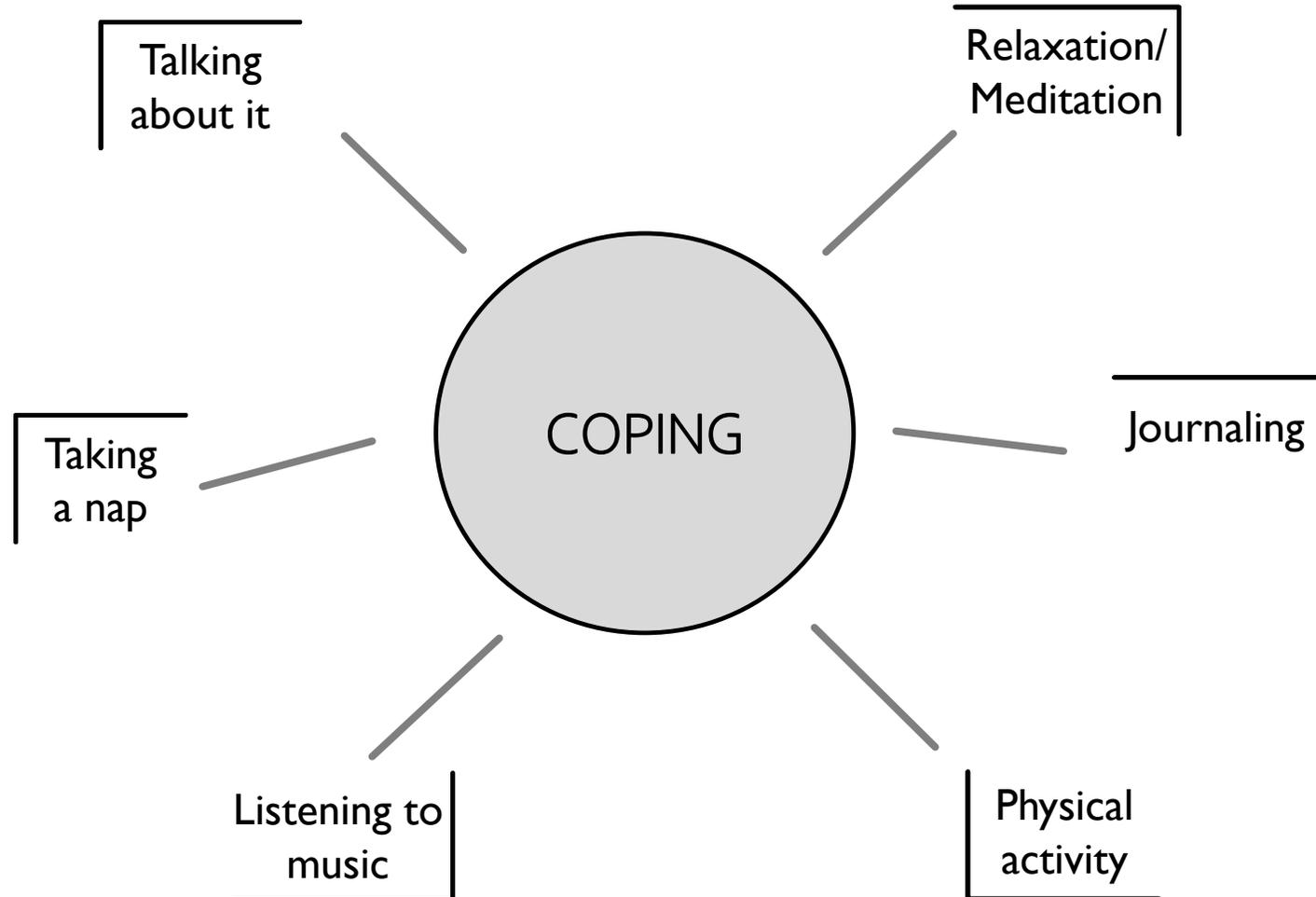
EXAMPLES



QUESTION

WHAT HELPS YOU WHEN
YOU ARE FEELING
STRESSED?

EXAMPLES



COPING TIPS

1

Get support

Talk to a friend or a trusted adult, such as a parent, relative, or school counselor.

2

Don't take it out on yourself

Remember that there are always people to help you. Be kind to yourself.

3

Be positive

Most stress is temporary. It may not seem like it when you are in the middle of a stressful situation, but things get better.

4

Make time for fun

Build time into your schedule for activities you enjoy and spend time with positive people.

5

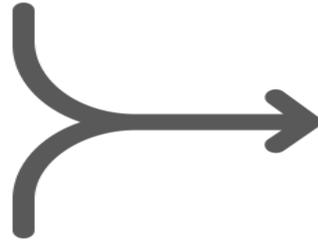
Solve the little problems

Take action to break tasks into smaller, more manageable chunks. Focus on what you can control and let go of what you cannot.

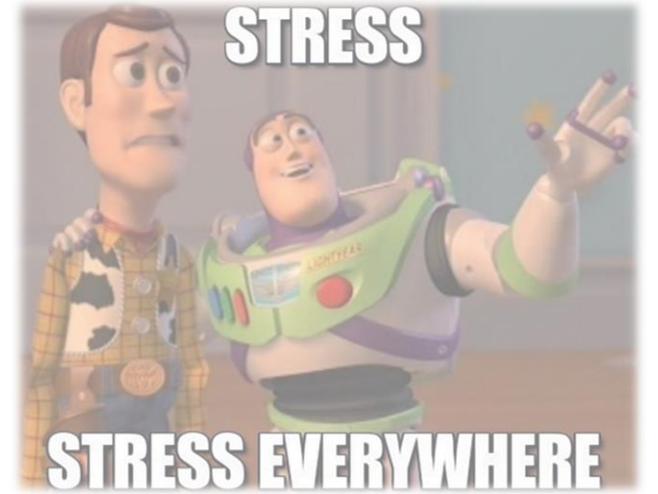
WHY COPE?

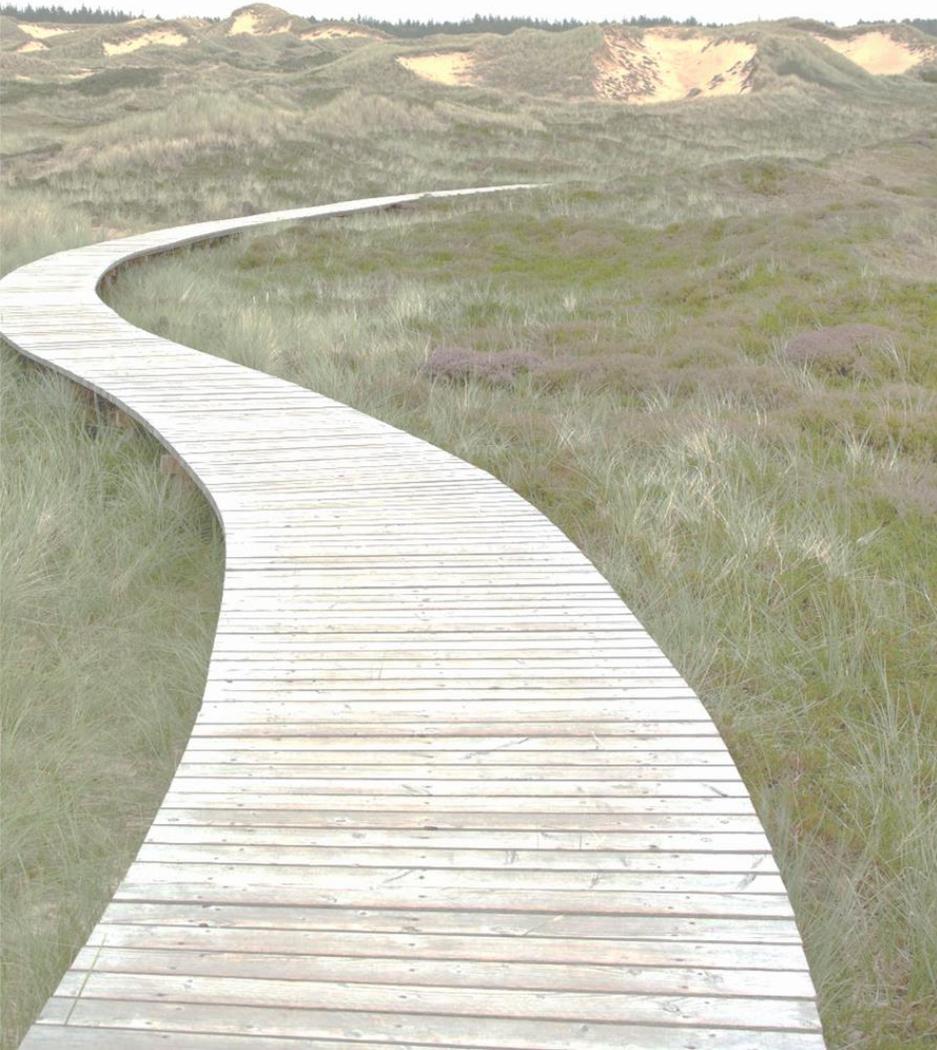
Stress is part of life.

You can't always control your circumstances, but you can control how you respond to them.



Stress can take a toll on your well-being, that's why it's important to have effective stress relievers that can calm your mind and body.





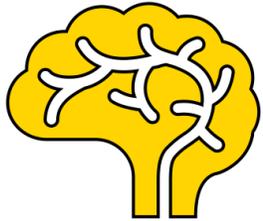
GUIDED IMAGERY

-SHORT TERM-

- Imagine being in your “happy place”
 - Envisioning a relaxing scene
 - Taking a short vacation in your mind
- Helps you get into a deeply relaxed state
- Distracts you from stressors by allowing you to focus on one thought
 - Disrupts your negative thoughts
- Listening to a voice recording of someone walking you through a peaceful scene might be more beneficial

MEDITATION

-SHORTTERM-



When we experience stress, our bodies prepare us to fight or flight

Meditation restores our body to a calm state



Involves sitting in a relaxed position and clearing your mind



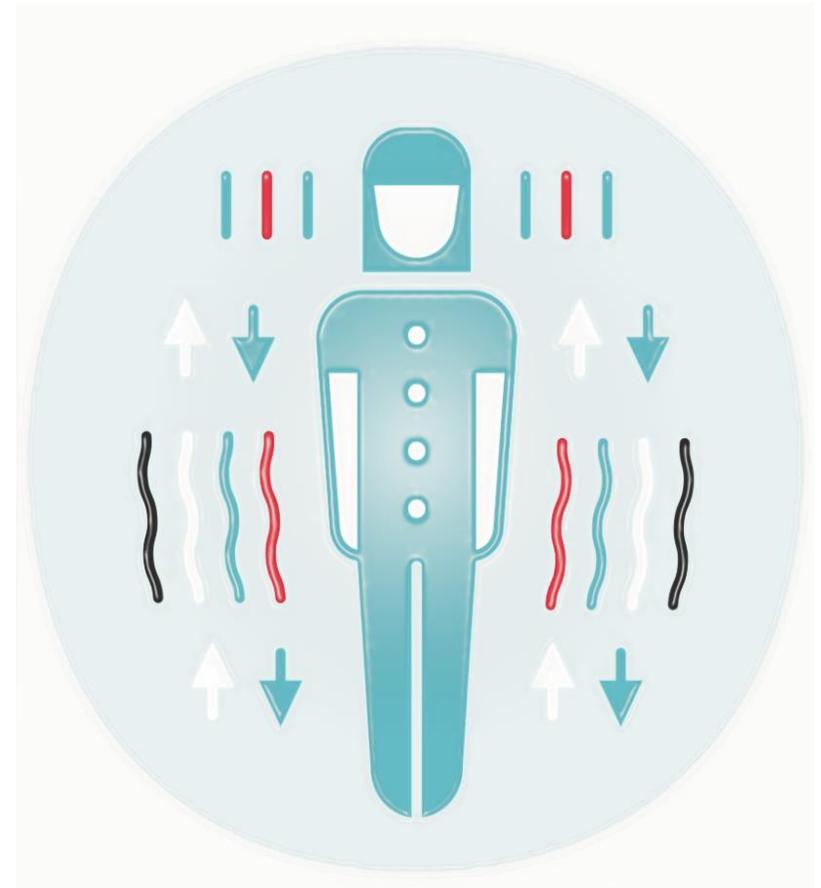
Focus on one thing

A sound
Your own breathing
A mantra
Counting
Nothing

PROGRESSIVE MUSCLE RELAXATION

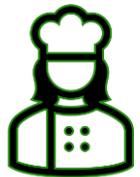
-SHORT TERM-

- Involves alternating tension and relaxation in all the body's major muscle groups
- Teaches you how a relaxed muscle feels different from a tense muscle
- Following an audio recording allows you to fully relax and concentrate on the technique





LONG-TERM STRATEGIES



- ✦ Following a healthy diet
- ✦ Participating in leisure activities
 - ✦ When you feel better, you perform better
- ✦ Practicing positive self-talk
 - ✦ Helps you develop a healthier outlook
- ✦ Physical activity and exercise
- ✦ Maintaining social support
 - ✦ Join a support group
 - ✦ Seek professional help, if needed



RESOURCES



Podcasts

I.Teen Health Matters
MentalMusic



Apps

Headspace
Breathwrk

Mondays -- 10:30 to 11:15 AM with Mr. Kolpak

<https://wskids.webex.com/meet/kolpak>

Tuesdays -- 10:30 to 11:15 AM with Mrs. Pritula

<https://wskids.webex.com/meet/jpritula>

Wednesdays -- by appointment only

[Click here to contact your counselor](#)

Thursdays -- 10:30 to 11:15 AM with Mr. Lanni

<https://wskids.webex.com/meet/jlanni>

Fridays -- 10:30 to 11:15 AM with Mrs. West

<https://wskids.webex.com/meet/awest>



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QUESTIONS

