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**

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**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.

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**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
MY SELF-CARE KIT

My People:
1. ________________________________
2. ________________________________
3. ________________________________

My Things:
1. ________________________________
2. ________________________________
3. ________________________________

My Hotline Number:
(____) _____-_______

MY PERFECT DAY

_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________

WELL BEING TRUST