Please tell me you can talk
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.
Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress lasts for a long time, it may harm your health.
Stand Up If This Has Ever Stressed You Out

- School
- After School Plans
- Friends
- Romantic Relationships
- Money
- Your Online Presence

- Social Media
- Politics
- Future Plans
- Pleasing Your Parents
- Athletics, Performing Arts, Clubs, Extra Curriculars
• Have any of these stressors affected you positively?
• How do you support someone experiencing stress?
• How do you take care of yourself while experiencing stress?
• If you’re stressed, can you affectively help others?
• What do you do if you are stressed?
There are two main 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.
Stress is a normal feeling.

There are two main types of stress:

Post traumatic stress happens from three days to a month after the event and goes beyond the normal upset you’d expect.
Post traumatic stress disorder happens from three days to a month after the event and goes beyond the normal upset you’d expect. It may result in difficulties coping with the event, and impaired ability to function at home, at school and in social settings.
Talk to Them.

Give them resources such as:

• School Counselor/School RN
• School based health center
• Encourage them to go to their family healthcare provider
• Encourage them to tell a trusted adult
• Online Resources: apps like Headspace, Happify, TalkLife and Calm
Engage Them.
Reach out and engage them in activities:

- If they don’t want to go somewhere, go to them and just hang out.
- Send messages of encouragement.
- Ask them what they would like you to do to support them—and then do that!
Take Care of Yourself.

Remember – you are NOT responsible for someone else’s distress:

• Spend time with other friends too
• Talk to a trusted adult (who could that be?)
• Engage in self-care activities you enjoy (walks, sports, mani/pedi, etc.)

Download Apps: Headspace or Calm
1. Identify three people you can talk to
   - Mom, Brother, Best Friend

2. Identify three things you can do to destress
   - Read, Yoga, Watch Cat Videos

3. Put your local helpline number in your phone – now you’ll always be able to talk to someone!
On My Perfect Day...

1. When I wake up...
2. In the afternoon I’ll...
3. Later in the evening I...
4. At night I’ll...
Share with your partner how you are going to destress and who you are going to talk to when you need help.
STRESS &
The Support We Need