Stress is a feeling of ________ or ________ tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous.

THERE ARE TWO TYPES OF 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 happens from three days to a month after the event and goes beyond the normal upset you’d expect.

TALK TO THEM
Give them resources such as:
1. __________________
2. __________________
3. __________________
4. __________________
5. __________________
6. __________________

ENGAGE THEM
1. _____________________________________
2. _____________________________________
3. _____________________________________

TAKE CARE OF YOURSELF
1. _____________________________________
2. _____________________________________
3. _____________________________________
MY SELF-CARE KIT

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

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

My Hotline Number:
(____) _____-_____

MY PERFECT DAY

_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________