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

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________