



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

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.

TALK TO THEM

Give them resources such as:

1. SCHOOL COUNSELOR
2. SCHOOL HEALTH CENTER
3. HEALTH CARE 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

