



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

