Just Chill: Don’t Stress Out!

Counseling and Mental Health
What is Stress?
How can learning about Stress Management help you succeed in a Guidance and Counseling Career field?
Common Symptoms of Stress

- stomachache
- sweaty palms
- nervousness

Can you think of more?
Common Signs of Stress

• nail biting
• over eating
• withdrawing from friends, family and activities
• sleeping too much
Sources of Stress during Childhood

- losing a pet
- parents divorce/separate
- a new school
- change in physical appearance (glasses, braces)
Sources of Stress during Adolescence

- school, tests, state exams
- disagreements with family or friends
- issues with peers
- physical problems
Sources of Stress during Adulthood

- starting/losing a job
- family member getting married
- moving to a new home
- family member having trouble with addiction
- financial problems
Sources of Stress during the Senior Years

• Getting injuries/accident
• physical/health problems
• losing spouse/friends
Healthy Ways to Manage with Stress

- Talk to someone
- Go for a walk
- Listen to music
- Play with a pet
Taking a Nap
vs.
Sleeping TOO Much
Relax and Have FUN!

- Take a soothing bath
- Go see a movie
- Read a good book
- Write in a journal
- Get a massage
- Meditate
• Causes of Stress
  - Source: Changing Minds
  - Stress affects us all. If you can spot the symptoms, you can manage them.

• Effective Stress Management
  - Source: NASA Occupational Health
  - Factors that can trigger stress
Resources and References

• Stress Management
  - Source: Help Guide, a trusted non-profit resource
  - How to reduce, prevent and cope with stress.
  - [Http://helpguide.org/mental/stress_management_relief_coping.htm](http://helpguide.org/mental/stress_management_relief_coping.htm)

• Stress Today
  - Source: The American Institute of Stress
  - Dealing with stress and how stress levels are increasing in children, teenagers, and the elderly
  - [www.stress.org/americas.htm](http://www.stress.org/americas.htm)