

Coping with Stress and Anxiety (or Both)!

STRESS

- Generally, is a response to an external cause and is a normal reaction, such as taking a big test or arguing with a friend
- Goes away once the situation is resolved
- It becomes negative when the stress does not go away and consumes your everyday activities

ANXIETY

- Feeling nervous, cannot relax
- Sweating, trembling, feeling weak and tired
- Having a sense of impending panic or doom
- Clouds your whole day and is a feeling that is with you all the time

SIGNS OF STRESS & ANXIETY

- Low energy
- Upset stomach
- Muscle tension
- Aches and pains in your body
- Inability to sleep
- Change in eating habits, eating more or less than is usual
- More colds and infections than normal
- Low grade tension headaches

COPING TIPS FOR STRESS AND ANXIETY



- Keep a journal or just jot down your feelings
- Use an app for relaxation exercises, mindfulness meditation, yoga, or deep breathing
- Exercise by walking, biking, running, dancing for as little as 15 minutes a day
- Eat well balanced, healthy, highly plant-based meals and snacks
- Avoid excessive caffeine in soft drinks, coffee, and tea
- Learn to identify and let go of negative thoughts and feelings
- Reach out and talk to friends or family
- Make time for yourself; pursue a hobby or something that relaxes you
- Decrease and/or or eliminate the alcohol you drink

WHEN DO YOU NEED MORE HELP?

If you are struggling to cope, or the symptoms of your stress or anxiety will not go away, it may be time to call a professional. If you or someone you know might need additional support or has been struggling with mental health, please see the support lines below:

- **National Suicide Prevention Lifeline** toll-free 1-800-273-8255
<https://suicidepreventionlifeline.org>
- **TEXT Crisis Text Line** HELLO to 741741
- **SAMHSA's National Helpline** – 1-800-662-HELP (4357)