



# Coping with Stress

## Some of the psychological and emotional signs that you are stressed out include:

- Depression or anxiety
- Anger, irritability, or restlessness
- Feeling overwhelmed, unmotivated, or unfocused
- Trouble sleeping or sleeping too much
- Racing thoughts or constant worry
- Problems with your memory or concentration
- Making bad decisions

## Common effects of stress:

Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. **Stress** that is **left unchecked** can contribute to many **health problems**, such as high blood pressure, heart disease, obesity and diabetes.



## Stress Management Techniques:

- **Take a 10 minute walk.** According to a few experts, taking a walk will help reduce endorphins in the system that cause stress.
- **Practice mindfulness.** Learning to focus on your breathing can help you reduce stress. Try meditation or yoga to relax your muscles.
- Create an **exercise regime.** Being active will increase serotonin.
- Write in a **reflection journal** or talk about things that you are grateful for...try to be positive.
- **Organize** yourself and learn to **manage time** more effectively.
- Make time for **hobbies, interests** and **relaxation.**
- **Laugh!**
- Seek out **social support** and spend time with those you enjoy. Practice social distancing, but not social isolation. **Have family activities.**
- Accept that there are things you cannot control. **Do not focus on those things you cannot change.**
- You can't do everything at once. **Set small targets** that are easy to achieve.



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