



My key to dealing with stress is simple: just stay cool and stay focused.

*Ashton Eaton*



## WHAT CAUSES STRESS?

It is our body's response to pressure, also known as the "fight or flight" response. This can happen when one is going through emotional problems, a traumatic event, or simply taking too much on.



## WHAT ARE THE 5 EMOTIONAL SIGNS OF STRESS?

1. Anger, irritability, or restlessness.
2. Feeling overwhelmed, unmotivated, or unfocused.
3. Troup sleeping or sleeping too much.
4. Problems with your memory or concentration.
5. Making bad decisions.

## STRESS SURVIVAL GUIDE



8 in 10 college students say they experience frequent stress.



6 in 10 college students say they stress has interfered with their ability to complete school work.

### BODY

- HEALTHY SLEEP
- MOVE YOUR BODY
- GET YOUR NUTRIENTS
- DEEP BREATHING
- RELAX MUSCLES
- TAKE A NAP
- LISTEN TO MUSIC

### MIND

- TALK IT OUT
- KEEP A JOURNAL
- PRIORITIZE YOUR TIME
- BREAK TASKS DOWN
- SET HEALTH HABITS
- ASK FOR HELP
- CONSIDER TALKING TO SOMEONE

### SOUL

- ENGAGE IN POSITIVE SELF TALK
- PRACTICE SAYING "NO"
- TAKE A BREAK FROM SOCIAL MEDIA
- TRY MINDFULNESS
- LET YOURSELF REST

MONTHLY MENTAL HEALTH GOAL: \_\_\_\_\_

# NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Read for 30 minutes today! 	
3	Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin. <i>Mother Teresa</i>	10 Ways to lower Cortisol Levels <a href="https://www.talkspace.com/blog/how-to-lower-cortisol-levels/">https://www.talkspace.com/blog/how-to-lower-cortisol-levels/</a>	National Stress Awareness Day	Ride a bike for 30 minutes today! 	spread love 	
10	worry less 	Self-Care for Women <a href="https://www.talkspace.com/blog/self-care-for-women/">https://www.talkspace.com/blog/self-care-for-women/</a>	World Kindness Day 	Anxiety Test <a href="https://www.talkspace.com/assessments/anxiety-test">https://www.talkspace.com/assessments/anxiety-test</a>	Go for a 30 minute walk today! 	
NATIONAL GET OUTDOORS WEEK						
17	National Apple Cider Day 	Self-Care for Men <a href="https://www.talkspace.com/blog/self-care-for-men/">https://www.talkspace.com/blog/self-care-for-men/</a>	You can do anything - but not everything. <i>David Allen</i>	Do 30 minutes of yoga today! 	stay strong 	
24	BE kind 	Compassion Fatigue vs Burnout <a href="https://www.talkspace.com/blog/compassion-fatigue-vs-burnout/">https://www.talkspace.com/blog/compassion-fatigue-vs-burnout/</a>	Journal for 30 minutes today! 	Happy Thanksgiving 		

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