

STRESS

Stress defined.....

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts.

Can positive life changes cause stress?

<https://www.youtube.com/watch?v=JtSP7gJuRFE>



HOW **STRESS** AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

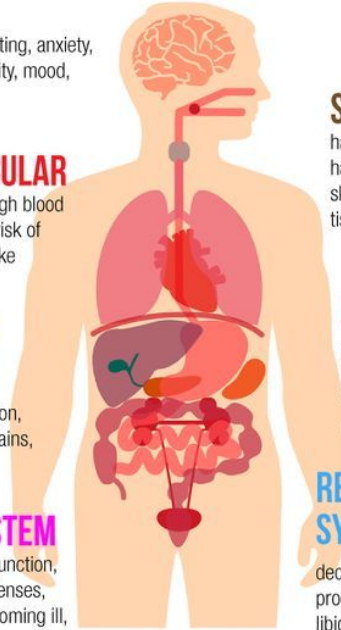
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

Finding a BALANCE

The best way to keep stress away is to have a balanced life. That means making good decisions about how to spend your time. If you're only dealing with school stuff and have no time to play, you can get stressed. Make sure you keep your **SELF** in mind:

Sleep, **Exercise**, **Leisure** (something fun), and **Food**.

Stand up if you.....

Average more than 8 hours of sleep per night.....

Exercise 2-3 times per week.....

Do something for fun once a day.....

Eat regular meals 2-3 times per day.....

Anxiety

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come.

10 Habits That Make *Anxiety* Worse

- 1 SETTING THE WRONG KIND OF GOALS
- 2 CONSTANTLY CHECKING SOCIAL MEDIA
- 3 EATING UNHEALTHY FOODS
- 4 SMOKING CIGARETTES
- 5 DRINKING ALCOHOL
- 6 NOT GETTING ENOUGH SLEEP
- 7 NOT EXERCISING
- 8 NOT DRINKING ENOUGH WATER
- 9 PRETENDING
- 10 BLOWING THINGS OUT OF PROPORTION

If your feelings of anxiety are extreme, last for longer than six months, and are interfering with your life, you **may** have an anxiety disorder.

What are anxiety disorders?

It's normal to feel anxious about moving to a new place, starting a new job, or taking a test. This type of anxiety is unpleasant, but it may motivate you to work harder and to do a better job. Ordinary anxiety is a feeling that comes and goes, but does not interfere with your everyday life.

In the case of an anxiety disorder, **the feeling of fear** may be with you **all** the time. It is intense and sometimes debilitating.

This type of anxiety may cause you to stop doing things you enjoy.

Anxiety disorders are the most common form of emotional disorder and can affect anyone at any age.

Anxiety is a key part of several different disorders. These include:

panic disorder: experiencing recurring panic attacks at unexpected times. A person with panic disorder may live in fear of the next panic attack.

phobia: excessive fear of a specific object, situation, or activity

social anxiety disorder: extreme fear of being judged by others in social situations

obsessive-compulsive disorder: recurring irrational thoughts that lead you to perform specific, repeated behaviors

separation anxiety disorder: fear of being away from home or loved ones

illness anxiety disorder: anxiety about your health (formerly called hypochondria)

post-traumatic stress disorder (PTSD): anxiety following a traumatic event

How to handle stress.....

<https://www.youtube.com/watch?v=hnpQrMqDoqE>

20 Things to Do When You're Feeling Stressed Out

- ♥ CUDDLE YOUR PET OR SOMEONE YOU LOVE
- ♥ DELEGATE! IS THERE SOMEONE YOU CAN HAND SOMETHING OFF TO OR ASK TO HELP YOU?
- ♥ ACCEPT THAT YOU ARE DOING THE BEST YOU CAN DO AT THIS MOMENT IN TIME, & THAT'S TOTALLY OKAY!
- ♥ TAKE A BREAK FROM SOCIAL MEDIA & EMAIL
- ♥ EXERCISE FOR AT LEAST 15 MINUTES
- ♥ LISTEN TO YOUR FAVOURITE SONGS
- ♥ JOURNAL YOUR THOUGHTS & FEELINGS
- ♥ ASK FOR SUPPORT FROM SOMEONE YOU TRUST
- ♥ READ A BOOK
- ♥ PLAN AHEAD – GET ORGANISED FOR THE DAY THE NIGHT & FOR THE WEEK THE WEEKEND BEFORE
- ♥ CUT BACK ON THE ALCOHOL AND CAFFEINE
- ♥ EAT SOMETHING HEALTHY AND NOURISHING
- ♥ WRITE A LIST OF PRIORITIES, THINGS TO DO, PROS & CONS OR THINGS YOU ARE GRATEFUL FOR
- ♥ SIT SOMEWHERE QUIET TO ENJOY A NICE CUP OF TEA
- ♥ WATCH A FUNNY MOVIE OR TV SHOW
- ♥ SURROUND YOURSELF WITH POSITIVE PEOPLE
- ♥ TAKE A WARM BATH OR HAVE HOT SHOWER
- ♥ TALK TO SOMEONE
- ♥ TAKE A STEP BACK & BREATHE FOR A FEW MOMENTS
- ♥ GET A MASSAGE

Get 20 More Ideas: janineripper.com

FOODS THAT CALM YOUR ANXIETY & STRESS



- BLUEBERRIES** } Full of Vitamin C. This vitamin reduces the effects stress has on our bodies and minds.
- KIWI** }
- ORANGES** }
- BANANAS** } Bananas have natural beta blockers that help prevent anxiety or stress.
- ASPARAGUS** } Include B vitamins - which are considered the anti-stress vitamins. Asparagus is especially full of folate (B9).
- AVOCADO** }
- SPINACH** } Full of magnesium. If you have magnesium deficiency you are more likely to suffer from anxiety. Oats also contain B vitamins, melatonin and tryptophan - all of which help relax the mind.
- (+ all leafy greens)** }
- OATS** }
- ALMONDS** }
- BRAZIL NUTS** } These nuts contain a nutrient called selenium + Vitamin E which helps with anxiety symptoms.
- TURKEY** } Turkey contains tryptophan which induces relaxation in the body.
- SALMON** } Salmon contains Omega 3's which are beneficial to brain health & calming anxiety.
- FERMENTED FOODS** } They help the body have a healthy balance of good & bad bacteria. Ex: yogurt, kefir, kimchi, natto, tempeh, miso, sauerkraut, kombucha.
- DARK CHOCOLATE** } Increases serotonin in the brain which calms the nerves + contains flavanols (antioxidants) that help boost brain function.
- TURMERIC** } Contains curcumin which reduces the effects that stress and anxiety have on the body.
- REISHI MUSHROOM** } Contain a mood-enhancing compound triterpene which helps you sleep better along with reducing anxiety and depression.
- CHAMOMILE** } A flower you can make into tea or tinctures to calm the mind. Also available in capsules.

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LEARN MORE OVER AT: WWW.HEALTHYHAPPYSMART.COM

Stressed? Try the STOP Technique

Stop

Interrupt your thoughts with the command 'stop!' and pause whatever you're doing.



Take a Breath

Notice your breathing for a second. Breathe in slowly through the nose, expanding the belly, and exhale slowly and deeply through pursed lips.



Observe

Become the observer of your thoughts, emotions and physical reactions. What thoughts do you notice? What emotions are present? How does your body feel? Tune in and sit with whatever arises for a few moments.



Proceed










Mindfully consider how you'd like to respond. What's one thing you can focus on right now? What's your most important and urgent priority? Narrow down your focus and take it one small step at a time.



In stressful times,
it's okay to not
be perfect.
It's okay to
cut yourself
some slack.
Because right
now, you
might not be your
best self.
But you are
growing, and
you are trying
your best,
and that is
good enough.

- Ashley Hetherington

@THEHONEYSCOOP

LIFESTYLE	
9	changes
to combat anxiety	
01	 <p>Create a routine When you know in advance how your day will go, it can create a sense of safety.</p>
02	 <p>Get physical Exercise helps you produce "good feeling chemicals"</p>
03	 <p>Get some sun It will help you increase serotonin, which helps deal with pain, anxiety, and depression.</p>
04	 <p>Go outdoors Immerse your senses in nature, and your anxious thoughts will have to take a back seat.</p>
05	 <p>Mindfulness and gratitude Fill your mind with powerful positive thoughts</p>
06	 <p>Nurture your relationships Social support helps you be more resilient to stress and feel better when you feel down.</p>
07	 <p>Live by your values Avoid comparing yourself with others and worrying what others think of you.</p>
08	 <p>Volunteer It can help you feel empowered and satisfied</p>
09	 <p>Keep a journal It will help you gain a perspective and process your thoughts involving logical brain</p>



50 STRATEGIES TO MANAGE YOUR ANXIETY

@BELIEVEPHQ



50 STRATEGIES TO MANAGE YOUR ANXIETY

- ENGAGE IN SOMETHING PLEASURABLE
- ENGAGE IN SOME EXERCISE
- LIMIT THE AMOUNT OF ALCOHOL YOU DRINK
- CHALLENGE YOUR THOUGHTS
- JOURNAL YOUR WORRIES
- WORK ON YOUR PROBLEM SOLVING SKILLS
- TAKE A DEEP BREATHE AND COUNT BACKWARDS
- PRACTICE SOME DEEP BREATHING
- UNDERSTAND WHEN YOU START CATASTROPHIZING
- PRACTICE SOME SELF CARE
- TAKE A BREAK FROM TECHNOLOGY
- ACCEPT THAT YOU HAVE ANXIETY
- TALK TO SOMEONE ABOUT YOUR ANXIETY
- FOCUS ON THE PRESENT MOMENT
- LIMIT THE AMOUNT OF CAFFEINE YOU HAVE
- HAVE A BATH
- DOWNLOAD AN APP
- WHY NOT TRY DOING SOME YOGA
- JOIN AN EXERCISE GROUP
- BUY A MINDFULNESS COLOURING BOOK
- LEARN WHAT YOUR TRIGGERS ARE
- LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU
- COUNT TO TEN SLOWLY
- COME UP WITH AN ALTERNATIVE THOUGHT
- BUILD A MENTAL HEALTH SUPPORT NETWORK
- TRY TO KEEP THINGS IN PERSPECTIVE
- FOCUS ON THINGS YOU CAN CONTROL
- TAKE A BREAK
- EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES
- MAKE SURE YOU ARE EATING A BALANCED DIET
- TRY SINGING
- LEARN SOME PROGRESSIVE MUSCLE RELAXATION
- SET ASIDE SOME TIME TO WORRY
- PRACTICE SOME MINDFULNESS
- TRY ENGAGING IN RATIO BREATHING
- LISTEN TO RELAXING MUSIC
- PRACTICE IMAGERY TO REDUCE AROUSAL
- DON'T BE AFRAID TO ASK FOR HELP
- LOOK AFTER YOURSELF
- DISTRACT YOURSELF
- SLOW DOWN WHAT YOU ARE DOING
- TEST OUT THE VALIDITY OF YOUR THOUGHTS
- VISUALISE A SAFE PLACE
- RECOGNISE THE SIGNS OF YOUR ANXIETY
- CALL A FRIEND
- MAKE SURE YOU ARE GETTING PLENTY OF SLEEP
- IDENTIFY THINKING ERRORS
- ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN
- REDUCE YOUR STRESS LEVELS
- MANAGE YOUR TIME EFFECTIVELY

AFFIRMATIONS

FOR ANYONE STRUGGLING WITH

ANXIETY

- I am a strong, independent person.
- Breathing in, I calm my body; breathing out, I smile.
- There are no mistakes, only lessons to be learned. I did the best I could.
- I am prepared for change. I am strong.
- I am capable of solving any problems that face me.
- Anxiety might make me feel uncomfortable, but I am in charge of my mind & body.
- This too shall pass and I can stand this.
- I have the power to stop this.
- I will make this happen.
- I am relaxed; I am calm.
- I am attracting positive energy into my body.
- I'm strong and can persevere.
- My anxiety does not control me.
- I will only allow healthy things in my life right now.
- I can overcome my fear of anything and everything and live life courageously.
- I can take things one step at a time.
- I've survived this before; I'll survive now.
- I'm actively taking steps to reduce my anxiety.
- I'm courageous and can make it through.
- I am in control of my thoughts and my life.
- This is only temporary.
- My challenges bring me better opportunities.
- I have made it before, and I will make through again.
- I'm attracting positive energy in my bod

SAVE THIS PIN TO HELP A FRIEND

AFFIRMATIONS
FOR
Anxiety



THIS IS ONLY TEMPORARY



I AM IN CONTROL



**I CAN TAKE THINGS ONE STEP AT
A TIME**



**I'VE MADE IT THROUGH BEFORE
AND I'LL MAKE IT THROUGH
AGAIN**



ANXIETY DOES NOT DEFINE ME