



Stress

What is Stress?

Stress is the physical or mental response to an external cause such as having a lot of homework or having an illness. A stressor can be a long term or a shorter term occurrence or it can be a repeated occurrence.

Symptoms of Stress

Symptoms of stress are very similar to symptoms of anxiety. These symptoms include:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

How to Manage Stress

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. These are some activities you can do if you feel overwhelmed:

- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.

National Institute of Health, (2022 September) "Stress" [NIMH » I'm So Stressed Out! Fact Sheet \(nih.gov\)](#)

