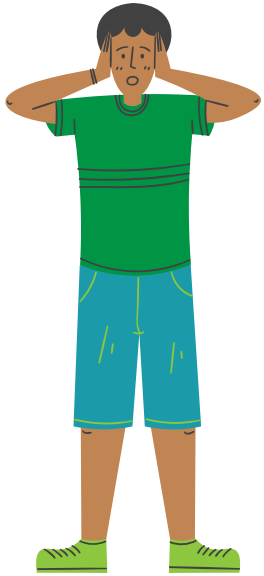


STRESS



What is it?

Stress is our body's response to pressure. We can all have different situations or life events that cause stress. It is often triggered when we experience something new, unexpected or that threatens our sense of self, or when we feel we have little control over a situation. We also all deal with stress differently. Our ability to cope can depend on our genetics, early life events, personality, and social and economic circumstances.¹

What are the Signs?¹

You may feel:

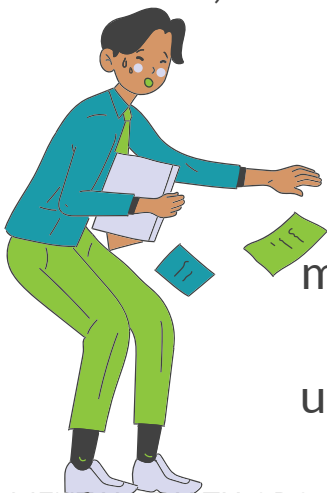
- Anxious, afraid, angry, sad, irritable, frustrated, or depressed

How your body might react:

- Headaches, nausea, indigestion, digestive problems, shallow breathing, sweating, health palpitations, aches and pains

How you might behave:

- withdraw from other people or snap at them, be indecisive, be tearful, have difficulty sleeping



Healthy Ways to Cope

Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient. Some ways that you can cope with stress in a healthy way are to take care of your body, make time to unwind, connect with others, connect with your community, or even take breaks from social media or items that cause you stress.²