

Stress Definition

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. **Stress** is your body's reaction to a challenge or demand. In short bursts, **stress** can be positive, such as when it helps you avoid danger or meet a deadline. May 5, 2018

medlineplus.gov › Medical Encyclopedia ▼

How do we react physically?

EFFECTS OF STRESS ON YOUR BODY



-  **Brain** - Depression, Anxiety, Panic Attacks etc ..
-  **Heart** - Rise in Blood Pressure and Risk of Heart Attack
-  **Lungs** - Strained Breathing & Possible Asthma Attack
-  **Stomach** - Stomach Pain, with or Even Without Ulcers
-  **Bone** - Frequent Muscle and Joint Pains.

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The stress-brain loop

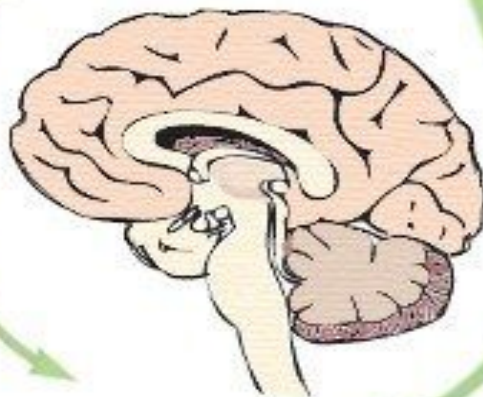
chronic stress

- inadequate sleep
- poor nutrition
- emotional distress

decreased regulation
of cortisol

- ↓ attention
- ↓ perception
- ↓ short-term memory
- ↓ learning
- ↓ word finding

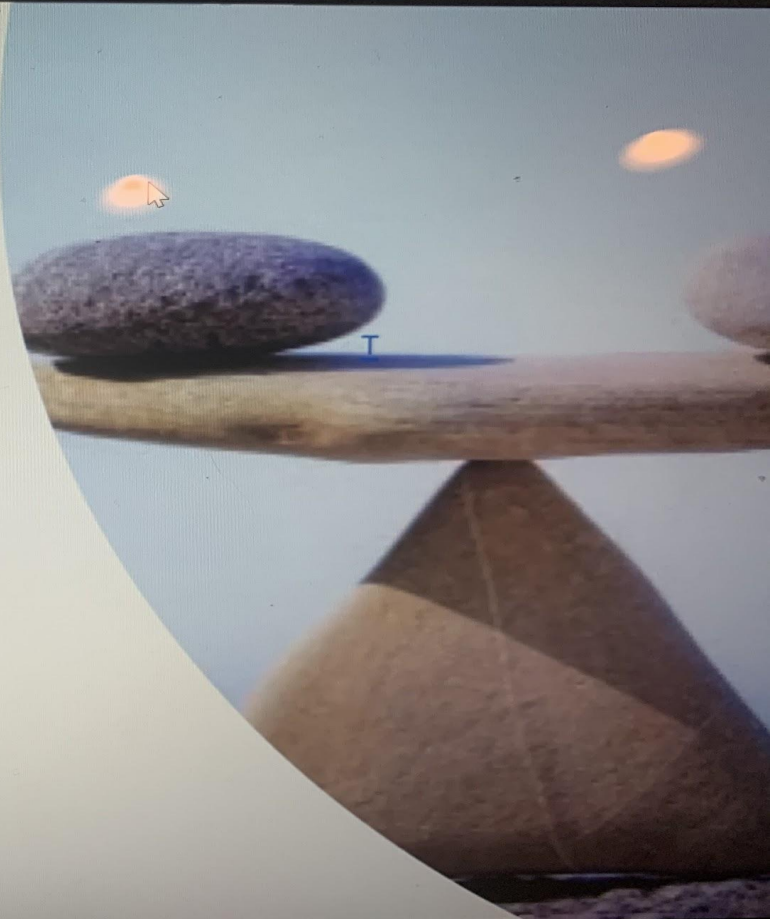
increases
glucocorticoids



cellular changes in
the hippocampus

Fight or Flight Response

- Leads to bad choices
- Avoid impulses
- Do whatever it takes to regain your balance, and in today's environment....it may take many check-ins with yourself
- Anticipatory anxiety may come in waves for some people
- Manage yourself
- Most of all, be kind to yourself. It is ok to be vulnerable. We are all human. Go easy on yourself, forgive yourself and understand that many leaders are feeling the stress of the situation



Why are we stressed:

- Pandemic
- Unknown risks
- Kids are home, schooling them, playing, reading, food prep
- Worried about elder relatives
- When will life return to normal
- Lack of TP and other necessities
- Money
- Employment
- How can I see my doctor or child's doctor

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

SLOW
DOWN

KEEP
CALM

BE
POSITIVE

TAKE
IT
EASY

UNPLUG

ENJOY
LIFE

HAVE
FUN

BREATHE

RELAX

GO
OUTSIDE



MEDITATE

Things you can do to support yourself

- **Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.**
- **Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.**
- **Make time to unwind. Try to do some other activities you enjoy.**
- **Connect with others. Talk with people you trust about your concerns and how you are feeling**
- **Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful. When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.**

Feeling Stressed?

Name it...and become a
panic mechanic

ALL ALONE

CRABBY



uptight

FREAKED OUT

TIRED OUT

QUEASY

ANXIOUS

panicky

nervous



burned out

cranky

JUMPY

confused

pressured

trapped

WIRED

EDGY

shaky

RESTLESS

EXCITED

WOUND UP

fidgety

SCARED



MOODY

mixed up

JITTERY

UPSET

WORRIED

TROUBLED



ready to burst

goose-bumpy

OVERWHELMED

TENSE

FRUSTRATED

free spirit PUBLISHING®

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Not all children and teens respond to stress in the same way. Some common changes to watch for include

- **Excessive crying or irritation in younger children**
- **Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)**
- **Excessive worry or sadness**
- **Unhealthy eating or sleeping habits**
- **Irritability and “acting out” behaviors in teens**
- **Poor school performance or avoiding school**
- **Difficulty with attention and concentration**
- **Avoidance of activities enjoyed in the past**
- **Unexplained headaches or body pain**
- **Use of alcohol, tobacco, or other drugs**

There are many things you can do to support your child

- **Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.**
- **Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.**
- **Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.**
- **Try to keep up with regular routines. Create a schedule for learning activities and relaxing or fun activities.**
- **Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.**
- **Facetime playdates and maybe even sports outside**

How to destress as a family

- **Go outside, exercise**
- **Play together (puzzles, board games, even video games, color)**
- **Do meditation together**
- **Start to practice yoga together/mindfulness**
- **Gratitude jar/journal**
- **Cook together, family meal planning, teach them to cook**
- **Practice deep breathing**
- **Learn a new language**
- **Take up a hobby together**
- **Listen to music and dance**
- **Take photos, make a photojournal**
- **Make chores fun**
- **Create a quiet corner with good smelling things, fluffy pillows, a place to recharge**
-

Practicing Deep Breathing Meditation

Breathe deeply from the abdomen, get as much fresh air as possible into your lungs.

- **Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.**
- **Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.**
- **Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.**
- **Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.**



How tos?

Thoughts?

Opinions

Suggestions?

Fears?