

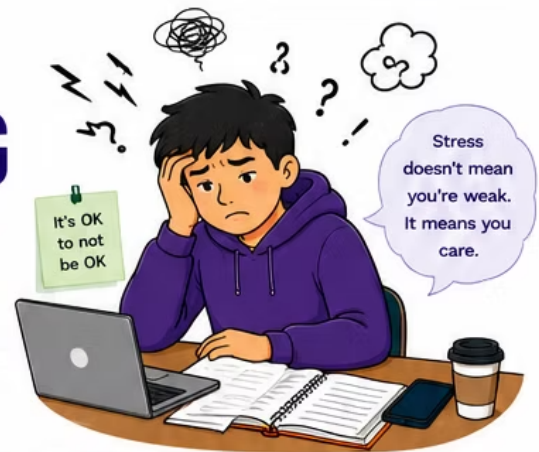


TRAINING NETWORK

# UNDERSTANDING STRESS



TEEN RESOURCE



Stress is a normal part of life.  
It's how we respond that makes the difference.  
You've got more control than you think.



## WHAT IS STRESS?

Stress is your body's reaction to challenges or demands. It can be caused by school, friends, family, money, social media, or big life changes.

A little stress can help motivate you, but too much can feel overwhelming.



Remember: You are not alone, and stress is something you can learn to manage.



## SIGNS OF STRESS

Stress can show up in many ways. You might notice:

- ✓ Worry or racing thoughts
- ✓ Feeling overwhelmed or irritable
- ✓ Trouble sleeping
- ✓ Headaches or stomach aches
- ✓ Tiredness or low energy
- ✓ Difficulty concentrating
- ✓ Feeling down or numb
- ✓ Changes in appetite or mood



Remember: Everyone experiences stress differently. Your feelings are valid.



## GOOD STRESS vs. BAD STRESS

### GOOD STRESS (Eustress)

- ✓ Motivates you
- ✓ Helps you focus
- ✓ Can improve performance
- ✓ Feels challenging but manageable

Example: Preparing for a test, trying something new.

### BAD STRESS (Distress)

- ✓ Feels overwhelming
- ✓ Hard to cope
- ✓ Affects your health and happiness
- ✓ Feels out of control

Example: Too much pressure, ongoing worry, or conflict.

## STRESS BUSTERS – Try these strategies

### TALK ABOUT IT

Share how you feel with someone you trust. Talking helps lighten the load.



### BREATHE

Take slow, deep breaths. Inhale for 4 seconds, hold for 4, exhale for 6.



### MOVE YOUR BODY

Exercise releases feel-good chemicals and helps reduce stress.



### TAKE BREAKS

Step away, rest, and do something you enjoy.



### STAY PRESENT

Focus on the now. Try grounding: 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.



### BE KIND TO YOURSELF

Don't be too hard on yourself. You're doing your best.



## WHEN STRESS FEELS TOO MUCH

If stress is affecting your daily life, it's important to reach out.

1. Talk to a trusted adult
2. Speak to a teacher or school counsellor
3. Contact a helpline (see useful contacts below)



Remember: Asking for help is a sign of strength, not weakness.



## STRESS CHECK-IN

How stressed are you feeling right now? Circle the number that fits best.

1

Calm

2

A little stressed

3

Moderately stressed

4

Very stressed

5

Overwhelmed

What's contributing to your stress?

What's one small thing you can do today to help yourself?



## WHAT CAN I CONTROL?

You can't control everything, but you can focus on what you can control.

### I CAN CONTROL

- ☐ My attitude
- ☐ My effort
- ☐ My choices
- ☐ How I spend my time
- ☐ Asking for help
- ☐ My self-care

### I CAN'T CONTROL

- ☐ Other people's opinions
- ☐ The past
- ☐ Unfair situations
- ☐ What others do
- ☐ The future
- ☐ Everything!



Focus your energy on what you can control.



## MY PERSONAL STRESS PLAN

Write down 3 things that help you manage stress.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



People I can talk to:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## POSITIVE SELF-TALK

The way you talk to yourself matters. Try replacing negative thoughts with kinder, more helpful ones.

- I can't do this. → I'll do my best.
- This is too hard. → This is challenging, but I can do it.
- I always mess up. → I learn and grow from mistakes.
- I'm so stressed. → I can take it one step at a time.



## DAILY STRESS RESET IDEAS

Pick a few ideas to add to your day:



Listen to music



Write in a journal



Spend time in nature



Draw or be creative



Meditate or mindfulness



Connect with someone



## USEFUL REMINDERS

- ✓ It's OK to take a break.
- ✓ You don't have to be perfect.
- ✓ You are more than your stress.
- ✓ Things can and will get better.
- ✓ You are stronger than you think.



ONE STEP AT A TIME.  
YOU'VE GOT THIS.



It's OK to feel stressed. What matters is how you take care of yourself.  
You are not alone. You matter. You've got this.



LEARN • GROW • THRIVE

Helping children, teens and families build a healthier, happier future.



Email: [g@hhtrainingnetwork.com](mailto:g@hhtrainingnetwork.com)



Website: [hhtrainingnetwork.com](http://hhtrainingnetwork.com)