

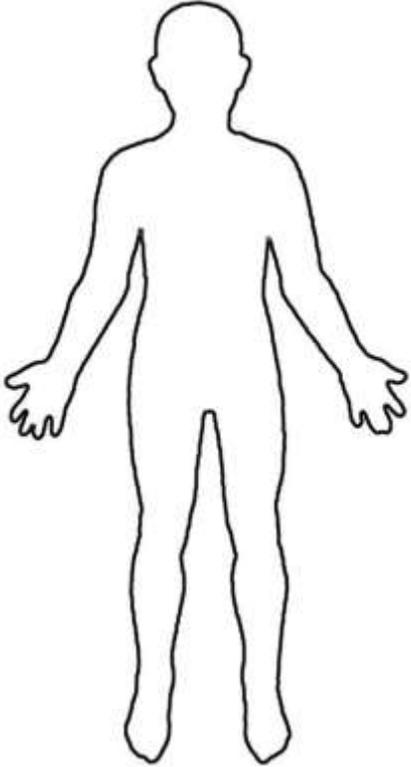


Stress, Anxiety, and Self Care

We all feel stressed out sometimes. The things that trigger feeling stressed are called *stressors*. Everybody has their own stressors, though sometimes we may have stressors in common with others- like homework or relationships. Many people carry stress throughout their body- for example homework may bring about a headache whereas a fight with a loved one may come with a stomach ache.

We may also experience *anxiety*. Stress and anxiety are very similar. *Stress* is a physical response to a threat that goes away when the threat does; *anxiety* is a mental response that stays around even once the threat disappears. Sometimes we know we are anxious because we start doing things like biting our nails or worry a lot.

What are your stressors? Where in the body do you feel them? Fill out the table below.

My Stressors	Where I Feel Stress
	 A simple black outline of a human figure, facing forward, with arms slightly away from the body and legs straight. It is centered within the right-hand cell of the table.



Stress, Anxiety, and Self Care

What things make you feel anxious? What things do you catch yourself doing when you feel anxious? Fill out the table below.

Things That Make Me Anxious	Things I Do When Anxious



Stress, Anxiety, and Self Care

It is important to have habits handy that help us relieve the feelings of stress and anxiety- these are called *coping strategies*. Coping strategies help us in the moment- like right before a big test or first day at a new job. They include things like breathing exercises, writing it out, screaming into a pillow, or listening to a favorite song.

What are some things you do when you feel stressed or anxious? What are your coping strategies?
Fill out the table below.

Stress Coping Strategies	Anxiety Coping Strategies



Stress, Anxiety, and Self Care

Self Care is the practice of routinely engaging in things that make us feel good- such as drawing, exercise, or cooking. Self care looks different for everyone! Self care helps us to reduce our overall feelings of stress and anxiety and encompasses all aspects of our lives: physical, psychological, emotional, spiritual, personal, and professional. It is important to have balance in all of these areas for a well rounded self care routine! This is a lot to ask of ourselves and will take time. Some days we will feel more balance than others and that is ok.

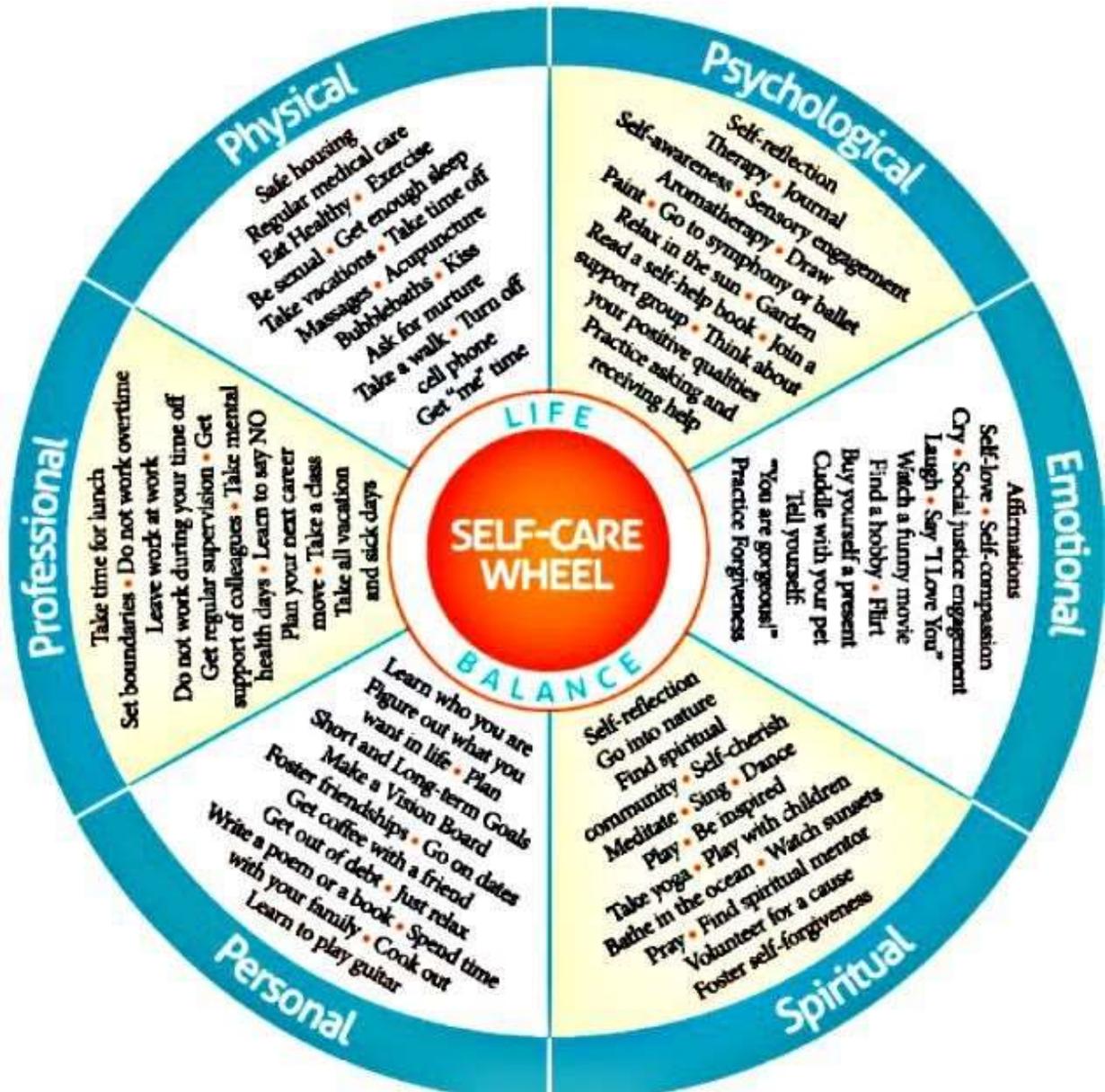
Take a peek at the breakdown of each of these aspects. After, use the blank wheel attached to break down how you practice self care in the various aspects of your life. Finally, take a moment to reflect on what you wrote; what aspects of your life do you have solid self care practices? Where could you add some more love?

Contact Umbrella: If you have any questions or concerns about a relationship that you are in, an advocate would be more than happy to hear from you. Contact us in Caledonia & S. Essex counties at **(802)748-8645** and in Orleans & N. Essex counties at **(802)334-0148** or email an advocate at Advocate@umbrellanek.org



Stress, Anxiety, and Self Care

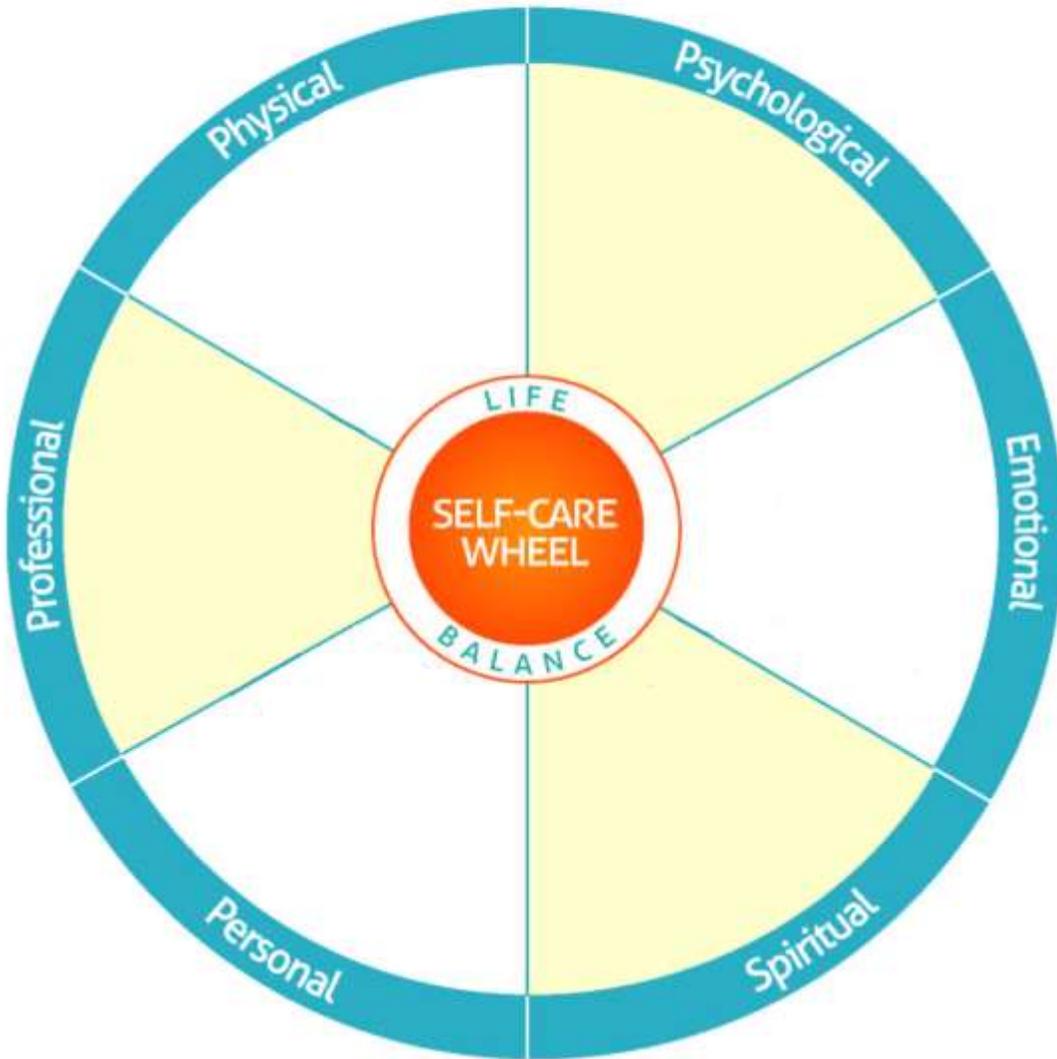
SELF-CARE WHEEL





Stress, Anxiety, and Self Care

SELF-CARE WHEEL



Images courtesy of [Healthy Teen Network](#)