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.

<table>
<thead>
<tr>
<th>My Stressors</th>
<th>Where I Feel Stress</th>
</tr>
</thead>
</table>

---

*[Image of a human figure with labeled body parts for filling out stress areas]*
What things make you feel anxious? What things do you catch yourself doing when you feel anxious? Fill out the table below.

<table>
<thead>
<tr>
<th>Things That Make Me Anxious</th>
<th>Things I Do When Anxious</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**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.

<table>
<thead>
<tr>
<th>Stress Coping Strategies</th>
<th>Anxiety Coping Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**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

Physical
- Safe housing
- Regular medical care
- Eat Healthy
- Exercise
- Be sexual
- Get enough sleep
- Take vacations
- Take time off
- Massage
- Aromatherapy
- Draw
- Pain
- Go to symphony or ballet

Psychological
- Self-reflection
- Therapy
- Journal
- Self-awareness
- Sensory engagement
- Go on walks
- Relax in the sun
- Garden
- Read a self-help book
- Join a support group
- Think about your positive qualities
- Practice asking and receiving help

Emotional
- Affirmations
- Social justice engagement
- Laugh
- Say “I Love You”
- Self-love
- Self-compasion

Personal
- Set boundaries
- Leave regular work at work
- Get regular exercise
- Get your next car
- Take all vacation
- Take 10 minutes midday

Professional
- Learn what you want in life
- Plan your next career move
- Take all vacation
- Take sick days

Spiritual
- Learn your soul
- Find spiritual community
- Sing
- Dance
- Be inspired
- Play
- Play with children
- Walk in the woods
- Watch sunsets
- Bath in the ocean
- Find spiritual mentor
- Pray
- Volunteer for a cause
- Foster self-gentleness
Images courtesy of Healthy Teen Network