Understanding what stress is:

When we feel stress it can be hard to explain.

Stress is what you feel when you feel jittery or nervous. It can make us feel tired or worried.

We may not even know why we are feeling stress. Sometimes we feel stress when we don’t know what is going to happen in the future or when our routines change. The less control we have over what is happening to us, the more we may feel stress.

Identifying Stress in our Bodies:

Stress is often felt in our bodies. What does stress feel like in your body?

On the next page color the places on the body that you feel stress. Use the list to check off what your body experiences when you’re feeling stress:
Stress & Self Care

Stomach Ache
Nervousness
Headache
Tight Muscles
Jittery legs
Trouble relaxing
Forgetful
Racing Heartbeat
Nausea
Trouble sleeping
Cries easily
Back Ache
Trembles
Clenched fists
Irritated skin
Worries a lot

Sweaty Hands
Feeling mad
Bites Nails
Afraid
Feels lonely
Heartburn
Grinds Teeth
Would rather be alone
Tired
Cramps
Others?

____________________
____________________
____________________
Stress & Self Care

Taking care of ourselves and decreasing stress:

We can be kind to our bodies and help to get rid of the stress feelings. There may be some things that we do not have control over but finding things that we can do to take care of ourselves is important.

Here are some things you can do:

- Get exercise –
  - Engage in play that gets your body moving
  - Go outside - run around, ride your bike or simply take a walk.

- Get enough sleep –
  - Go to bed at a set bedtime
  - Relax your body, focus on your calm breathing and think of nice soothing things.

- Talk things over with a safe & supportive adult – talk about what is worrying you and how your body is feeling.

- Laugh and have fun

- Eat yummy & healthy foods

- Try not to worry about things that you do not have control of.

- Do meditation or visual imagery

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