

MANAGING STRESS

Counseling Partners of Los Angeles

WHAT'S STRESS?



Stress is an instant response that your body and mind give you when your brain detects possible danger. There is both good and bad stress. Good stress pushes you toward completing a healthy goal, whereas bad stress causes impairment in your life. Your body does not know the difference between these two types of stress. For example, you may find your heart beats wildly when you see a dangerous animal AND when you are about to give a class presentation. This is part of the fight-flight-freeze response and it is very important for how your body reacts to stress. Read below for more information!

FIGHT-FLIGHT-FREEZE RESPONSE

When stressed, your body will either prepare you to fight (engage physically with the danger), flee (run away from the danger) or freeze (stay still until danger passes). While you can't control your body's immediate response to stress, you can control how you cope with it. See the next page for stress management techniques!

JANUARY 2024 NEWSLETTER

IS STRESS USEFUL?



Let's face it. We've all felt stressed at some point. No one likes the feeling. In general, stress may be useful. For example, it can help you prepare for a big exam or practice for try outs. Sometimes, however, stress can keep you from hanging out with friends, doing your school work, or engaging in your usual activities like sleeping and eating. If this ever happens, it's best to reach out to a trusted adult for some help.



STRESS MANAGEMENT TECHNIQUES

**JANUARY 2024
NEWSLETTER**

- 1) Triangle Breathing (see image below)
- 2) 5-4-3-2-1 Grounding Exercise
 - Activate your senses, engage with:
 - 5 things you can hear
 - 4 things you can see
 - 3 things you can touch
 - 2 things you can smell
 - 1 thing you can taste
- 3) Go for a run, walk, or hike
- 4) Play your favorite game
- 5) Journal, some prompts:
 - What are you looking forward to, and why?
 - What are you worried about, and why?
 - When did you feel strong or proud?
 - What's one thing you could change about your life right now?
- 6) Give Thanks
 - Write a letter to a loved one
 - Each day for a week, write 3 good things that happened to you
 - Send a kind note to a friend
- 7) Pay it Forward
 - Volunteer at a food bank
 - Read to a younger sibling
 - Help your friend with a homework assignment
- 8) Color
- 9) Listen to Music

What is Triangle Breathing?



If you would like to talk to someone about your stress, tell your teacher you would like to see the school counselor. The counselor can help you learn ways to cope with stressors in your life.

