



Education for

Lifelong Mental Health

What I should know about

STRESS



What is Stress?

Stress is when you feel there is something scary or bad, and you also feel that you cannot do anything about it. The stress response part of the brain sees this threat and sends the body into “fight or flight” mode, otherwise known as the stress response.



Why do people get stressed?

- The stress response is a natural response the body has to prepare for danger and take action.
- Long ago, the response was to help humans react quickly to threats like a lion or bear chasing you.
- Today, the response has evolved to react to other situations, such as big tests, job interviews, and serious illnesses.

What are some signs of stress?



How do I prevent getting stressed?

- Surrounding yourself with people you care about
- Exercise regularly
- Eat healthy
- Create a plan of action of what to do when you're in stressful situations
- Journal and write down the things you are grateful for
- Develop a positive attitude and learn to always see the good side of things
- Spend more time outside
- Do more of what makes you happy



How do I ease my stress?

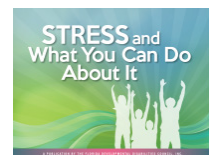
- Take deep breaths for a minute
- Meditation
- Dance
- Go for a walk
- Watch a funny show
- Cook a delicious (and healthy!) meal
- Do an arts and crafts project
- Talk to someone about what's bothering you
- Look at your plan of action for what to do when you're in a stressful situation
- Listen to calming music

Additional Resources

Stress and What You Can Do About It

This booklet, by the Florida Developmental Disabilities Council, specifically for people with developmental Disabilities, describes the basics of stress and stress management.

[English Version](#) | [Spanish Version](#)



Easing Your Stress – Information for Caregivers of Individuals with Developmental Disabilities

This booklet, by the Florida Developmental Disabilities Council, describes stress, how stress affects children, and how other caregivers ease their stress.

[English Version](#) | [Spanish Version](#)

