



STRESS AWARENESS

RESOURCE TOOLKIT



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STRESS AWARENESS

INTRO



April is Stress Awareness Month, a time dedicated to raising awareness about the importance of managing stress for a healthier lifestyle. Understanding the distinction between positive and negative stress, as well as learning effective stress management techniques, can significantly enhance our overall well-being—both mentally and physically!

This month's Free Your Feels mental health toolkit is designed to support both youth and the adults in their lives by providing comprehensive resources and practical strategies for managing stress. You'll find information on recognizing the signs of stress and anxiety, as well as tips for creating a supportive environment to help manage and/or cope with stress, all to help you navigate the challenges of stress in a healthy and constructive way. By equipping yourself with these tools, you can build positive mental well-being for yourself and those around you!

FOR EVERYONE



Did you know there's good stress and bad stress? It's important to recognize the differences between the two so that you can better manage stressful situations. Good stress is short-term and can motivate you to achieve goals, feel energized, and overcome challenges. It often occurs in exciting situations, like: Going on a first date; Riding a rollercoaster; Anticipating an upcoming exam; Preparing for an important presentation or speech. Bad stress, on the other hand, is typically not short-term, and can be overwhelming and anxiety-inducing, making it difficult to focus or complete tasks. It can have negative effects on both physical and mental health. Examples of bad stress include: Ending a relationship (platonic or romantic); Death of someone you love; Abuse or neglect; Financial challenges. Chronic, bad stress can lead to serious issues. Managing stress involves identifying stressors and adopting healthy coping strategies.

ACTION:

Self-care techniques can help you handle stress more effectively. Explore the "Managing Stress With Self-Care" handout from Mental Health Center Kids [here!](#)



FOR YOUTH



Teens juggle various commitments, including academics, social interactions, and physical changes, which can often result in stress and burnout. While effective stress management requires patience and practice, it offers long-term benefits by regulating emotions, fostering personal growth, and strengthening relationships. Sometimes, the number of commitments on your plate can make it difficult to manage them all realistically. Organizing your commitments for the school year can help prevent burnout and unnecessary mental fatigue.

ACTIONS:



The Commitment Planner template from NAMI is a tool designed to help students manage their school, work, and personal time, promoting mental well-being. Everyone's commitments are unique, so feel free to customize it to fit your specific needs.



Change to Chill offers free teen-specific online mental health resources designed to help you learn how to relax and integrate healthy habits into your lifestyle. Explore mindfulness guides and stress relief activities for teens to help yourself and others soothe their minds and “Change to Chill”.



Change To Chill

Feeling overwhelmed, anxious or stressed? Change to Chill offers free online mental health resources for teens designed to help them learn how to relax an...

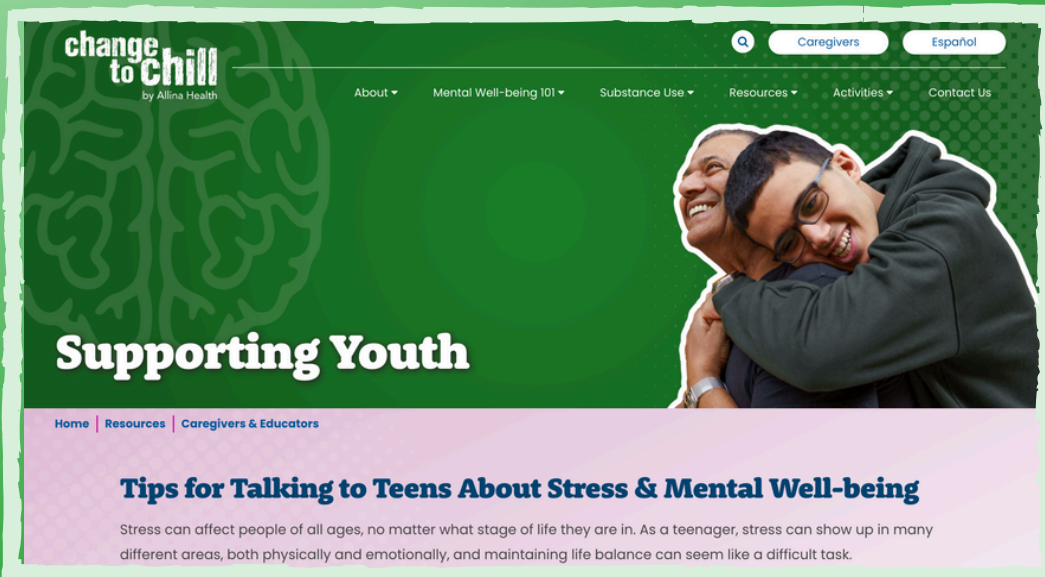
 changetochill.org



FOR PARENTS & CAREGIVERS



Are you concerned that your teen is struggling but unsure how to support them or where to start with helping? Change to Chill offers free online mental health resources and valuable tips on effectively communicating with your teen about the importance of prioritizing their mental health. You'll also find practical strategies to help them manage stress and anxiety.



ACTION:

Visit Change to Chill's "Supporting Youth" webpage for caregivers and educators. This page provides helpful tips for talking to teens about stress and mental well-being.



FOR EDUCATORS & PROFESSIONALS



The pressures of academic performance, social relationships, and extracurricular activities can create a high-stress environment for teens. This stress can manifest as anxiety, causing symptoms like irritability and difficulty concentrating. Educators play a crucial role in supporting teens by creating a supportive and understanding classroom environment. They can implement stress-reducing activities, such as mindfulness exercises, and provide resources for mental health support. Additionally, fostering open communication and encouraging students to express their feelings can help alleviate anxiety and promote a healthier school experience.

ACTION:

Character Strong regularly hosts webinars for educators, covering a range of topics related to student mental health. Related to stress and anxiety is their webinar titled "How to Support Students with Anxious Feelings". You can explore all of their webinars [here!](#)





QUESTIONS? CONTACT

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