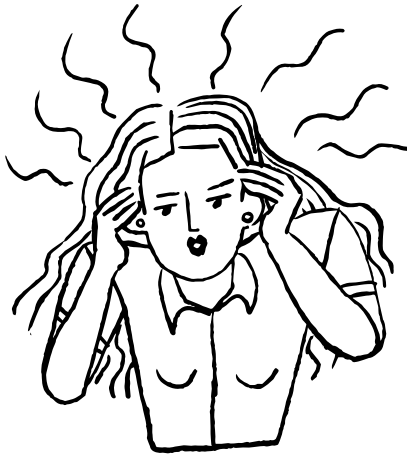


MENTAL HEALTH MEMO

MAY 2022 | STRESS AND SELF-CARE

WHAT IS STRESS



Stress is a feeling of emotional or physical tension. It is how we react when we feel under pressure or threatened. It is a normal reaction that happens to everyone. Stress is your body's reaction to a challenge or demand.

Create a supportive environment for your children to relax, de-stress, and express themselves. Ensure your child gets enough sleep and proper nutrition. Listen to what your child is saying.

SELF-CARE TIPS

Remember the 4 "Rs"

Relationships

- Get Support
- Check-in
- Connect with others

Routines

- Limit the news
- Importance of sleep hygiene
- Exercise, eat well and stay hydrated

Relaxation

- Deep breathing
- Schedule down time. Time to relax and rejuvenate. Add extra time for daily stress relief
- Distraction
- Engage your five senses

Reflection

- Practice a balanced response, not under responding, and not over responding.
- Realize what is in your control, and what actions you can take to keep yourself and loved ones safe
- Pray, and engage in an activity that will encourage spiritual growth



CAUSES OF STRESS IN YOUNG PEOPLE

- External sources such as bullying, peer pressure, family, or friends
- Over-packed schedules
- Self-imposed pressure such as "not feeling good enough"
- Major life changes
- Media outlets such as world news or social media



ST. TERESA OF CALCUTTA CAMPUS

9223 BEDFORD AVE | 531-213-7396 | CCBHS@CCOMAHA.ORG

NATIONAL SUICIDE PREVENTION LIFELINE 988



CCOMAHA.ORG