

THE WELLNESS WATCH



*News from the "Coordinated School Health Team"

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Stress and Anxiety

What is Stress? What is Anxiety?

Stress is any emotional, physical, or mental response to the circumstances in your environment. Anxiety on the other hand, is a mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities.

Anxiety and Stress symptoms

Anxiety symptoms:

- *Panic, fear, uneasiness
- *Shortness of breath
- *Nausea
- *Heart palpitations
- *Sweaty hands/ feet

Stress symptoms:

- *Low energy
- *Constipation/upset stomach
- *Insomnia
- *Headaches
- *Chest pain

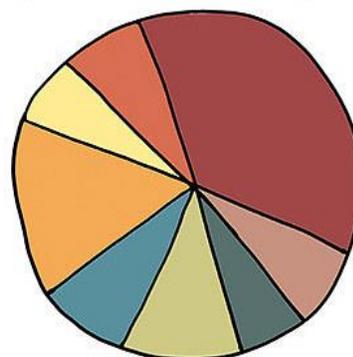
Who is most likely to have anxiety and stress?

- *High functioning teens
- *Women
- *People with history of depression
- *People with psychiatric disorders
- *People with poor stress and anxiety management skills

Stress Levels by Age



WHAT ANXIETY ACTUALLY FEELS LIKE



- Sweating, a lot
- second-guessing yourself
- muscle tension
- trouble sleeping
- chest pain
- over-thinking all the things
- increased heart rate
- Your mind and body refusing to cooperate, no matter what you know is rational

How does stress affect your body?

Stress can cause headaches, muscle pain, depression, irritability, and overeating or undereating. Without proper management, stress can lead to heart problems, and muscular issues. The constant tension of muscles can cause a significant amount of pain. The stress can also lead to heart attacks if left untreated.

How does Anxiety Affect your body?

Anxiety can cause heart palpitations and dizziness. This can lead to passing out and future heart problems if left untreated. Anxiety can also lead to unsafe practices like drug or alcohol use. People can even go as far as having suicidal thoughts and having eating disorders.

What are coping methods?

- *Tai chi and Yoga
- *Deep breathing
- *Chewing gum
- *Stress balls
- *Exercise
- *Laugh
- *Think positive
- *Drink tea
- *Aromatherapy
- *Music
- *Art



How can I prevent stress and anxiety?

You can prevent stress and anxiety by keeping positive influences around you. You also need to be sure to not overload yourself with too much work. With this, you need to learn how to relax and treat yourself every now and then. When you see the signs of stress or anxiety, think of something that is relaxing for you, or go on a walk. Another important part of prevention is eating a healthy diet. Without this, your body will have imbalances and will lead to more episodes.



Where can you seek out help?

- *School psychologist
- *Psychiatrists
- *Family
- *Friends



For more information:

<https://www.healthline.com/health/anxiety/effects-on-body#5>

<https://adaa.org/living-with-anxiety/women/facts>

<https://www.helpguide.org/articles/stress/stress-symptoms-signs-and-causes.htm>