

PHS STUDENTS: KNOW THE SIGNS OF STRESS

Common Signs of Stress



Increase/decrease in energy levels

Increase in drug, alcohol use



Increased irritability & anger outbursts

Having trouble relaxing or sleeping



Crying frequently



Excessive worrying

Wanting to be alone most of the time



Blaming others for everything

Difficulty communicating or listening



Difficulty giving or accepting help

Inability to have fun

Ways to Cope

Take breaks from watching, reading or listening to the news

Take care of your body:
Take deep breaths, stretch, read a goodbook

Eat healthy, exercise, go for a walk, get plenty of sleep

Avoid Alcohol and drugs

Make time to unwind, do activities that you enjoy, connect with others, talk to people you trust

Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. If you or someone you care about, are feeling sad, anxious, depressed, or if you or someone you love is suicidal, contact: _____

Benton Franklin Crisis Response Unit:
509-783-0500

Crisis Line Text: 741741