



**STRESS**

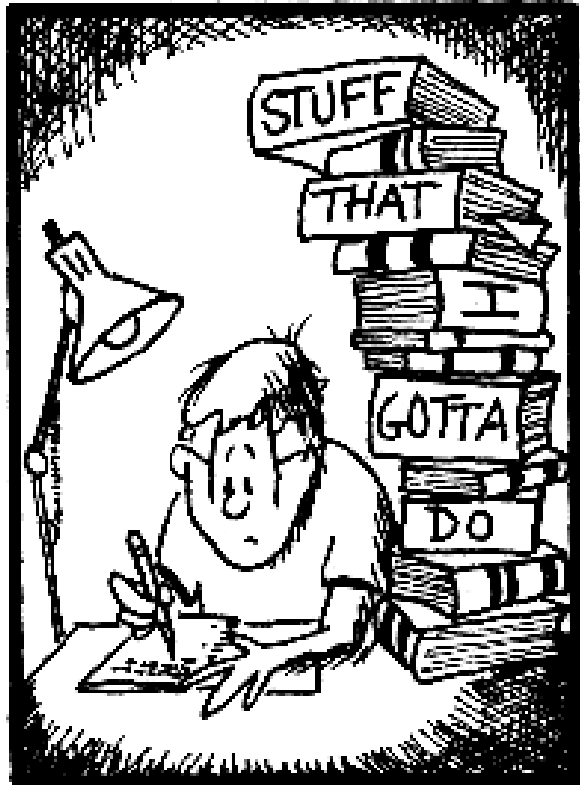


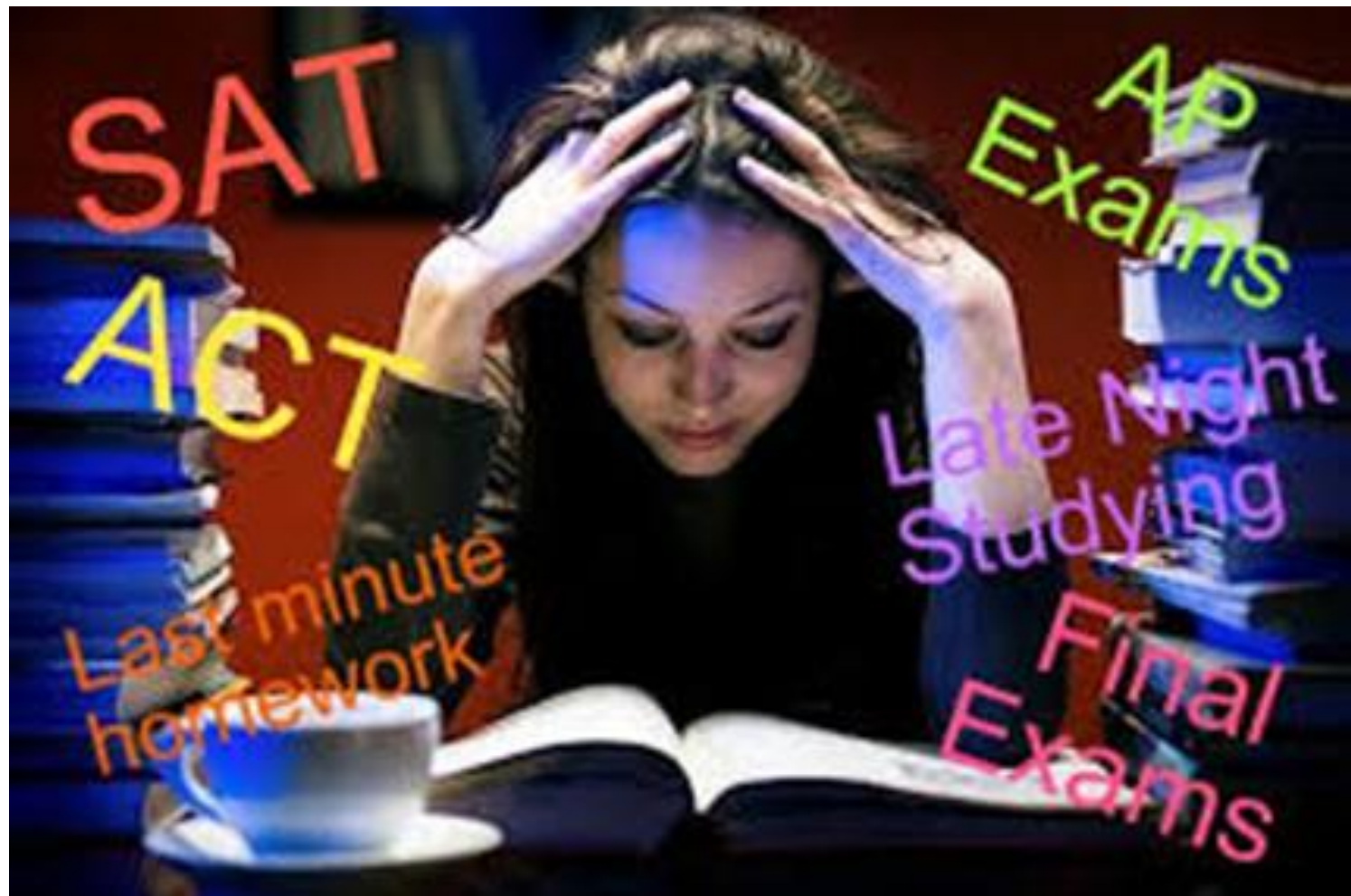
**STRESSED?**

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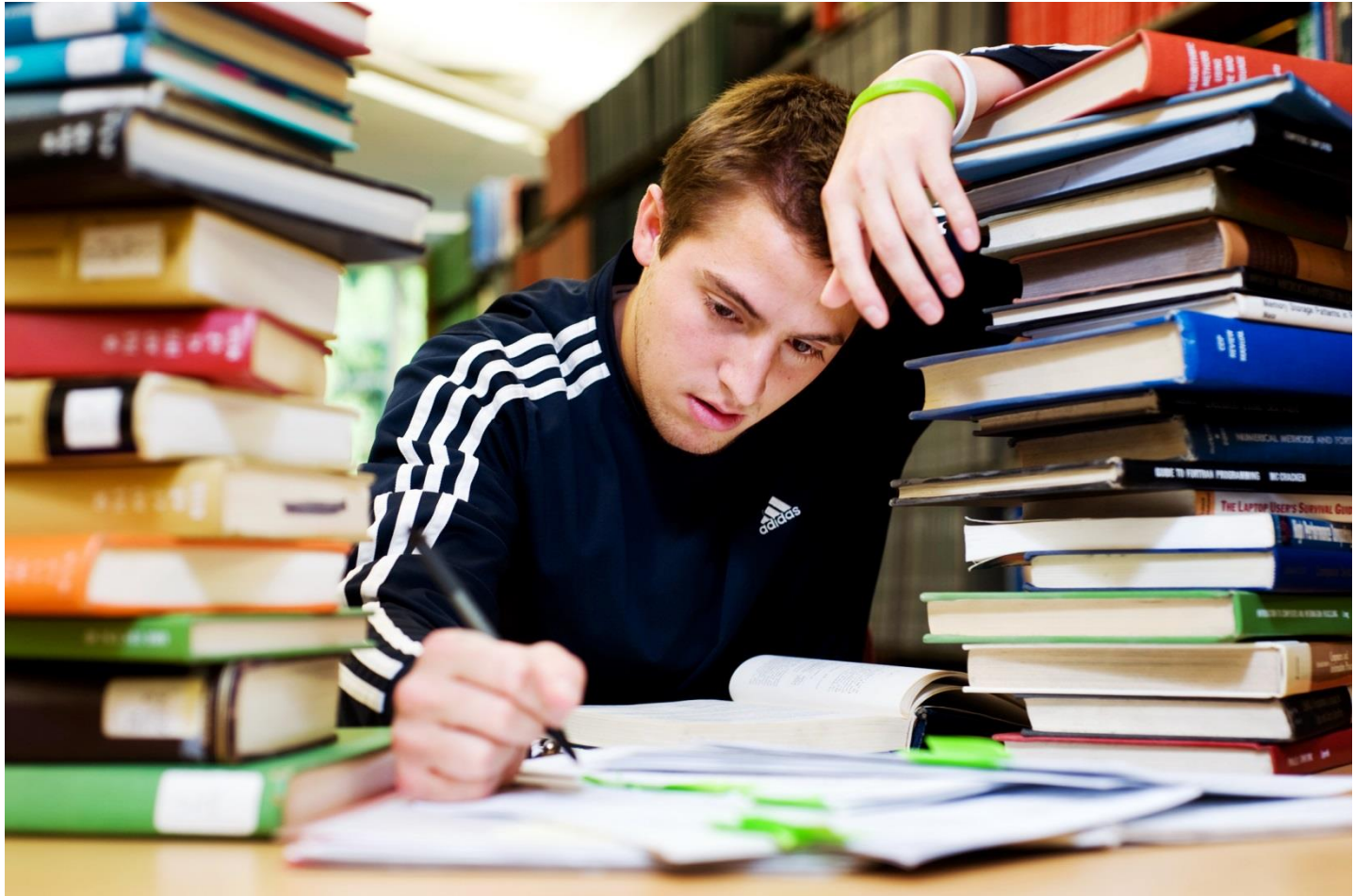


projects work  
essays finals









We all have stress. There isn't something wrong with you if you are stressed



When we talk about stress, the focus is often on how to get rid of it and avoid it.

But, the problem with this is...



- We can't avoid or get rid of stress. But...
- We can get better at it!

# Our stress mindset is important!

- Mindsets are stories that we use to interpret our lives.
- Think about how we talk about stress
- “I’m so stressed!”

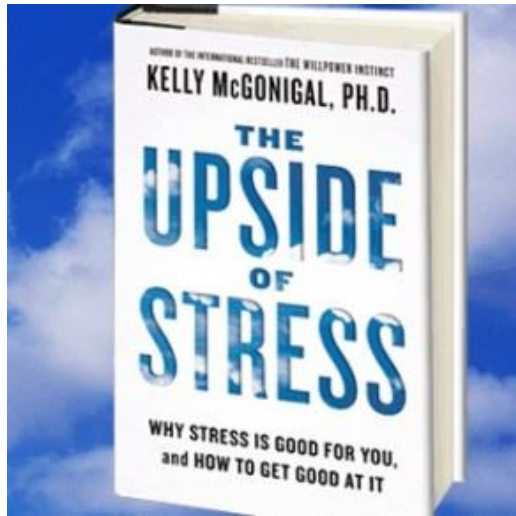




# Stress Mindsets

- Negative Mindset
  - Stress is bad
  - Avoid it
  - Try to hide it
- Positive Mindset
  - Utilize it
  - Stress can enhance my performance
  - Accept it & welcome it

# How do we acknowledge and engage with stress?



# How do we engage with stress?

- When you feel it (heart racing, palms sweating, butterflies in stomach), acknowledge it.
- Remind yourself “That’s my body’s stress response getting ready”
- “This is my brain and body getting ready to help me on this test, game, performance.”
- I can engage the stress and use it to my advantage.

# Strategy #1: Mindfulness

Mindfulness is:

- a practice that strengthens our capacity to deal with stress
- a conscious effort to be completely present and aware of the current moment
- a way to help reduce stress
- a practice proven to have a positive effect on the quality of life

# Mindfulness

.....

MEANS PAYING  
ATTENTION IN A  
PARTICULAR WAY,  
ON PURPOSE, IN THE  
PRESENT MOMENT  
NON-JUDGMENTALLY.

[WWW.VERYBESTQUOTES.COM](http://WWW.VERYBESTQUOTES.COM)

JON KABAT-ZINN



# Paying Attention to the present moment



[mindfulnessforteens.com](http://mindfulnessforteens.com)



“The best way to capture moments is to pay attention. This is how we cultivate mindfulness.”

**Jon Kabat-Zinn**

## Strategy #2: Breathing



# Strategy #2: Breathing



- Mindful breathing
- Breathe in, breathe out
- Focus on the sensation of the breath going in and out of the body
- Say, “Breathe in calm. Breathe out stress.”
- When your mind wanders, just go back to pay attention to the breath
- [Guided meditation online](#)



*Breathe in*

S L O W L Y

G E N T L Y

D E E P L Y

*Breathe out*





Breathe in Peace

Exhale Stress

- Do nothing for 2 minutes

# Strategy #3: Mantram/Mantra

What is a mantram?

- A mantram is a tool that can be used at any time to calm the mind
- The term “mantram or mantra” stands for a word or phrase that you can repeat silently to yourself that helps you cope with stress

# Mantra

How can using a mantra help you?

*“It has the power to calm and steady your mind whenever you need access to deeper reserves of strength or patience within you.”*

--Eknath Easwaran

# Using a mantra

Choose a mantra—used for thousands of years by many major religions

- St. Francis “My God and my all.”
- Ghandi “Rama, Rama.” (Hindus—name of God meaning source of joy within.)
- Christians:
- “Lord Jesus Christ, son of God, have mercy on me”
- “Hail Mary” or “Ave Maria” (Hail Mary, full of Grace”)



# Using a mantra

When should you use the mantra?

- Whenever you have moment free, repeat mantra to yourself silently, in the mind.
- Walking
- Waiting in line, standing around
- Washing dishes
- When you feel anxious, angry, upset or afraid
- When you are falling asleep at night

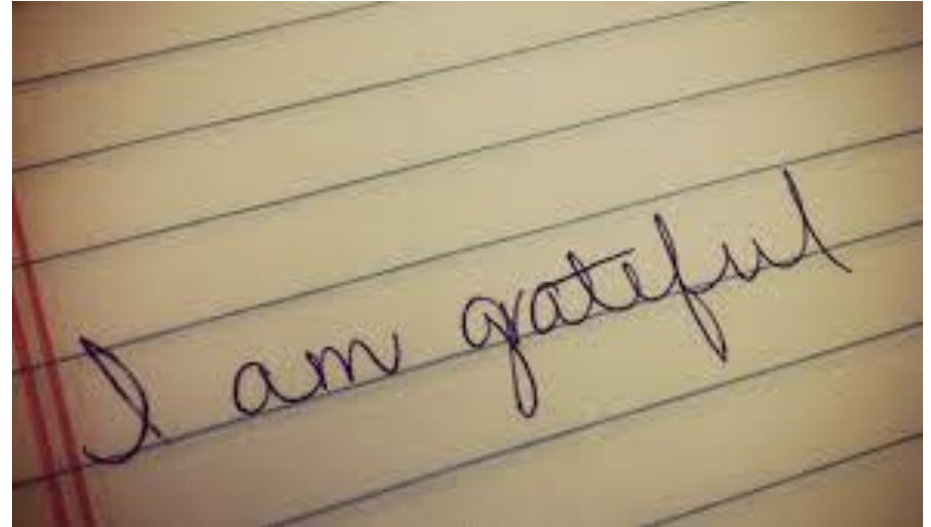
# Strategy #4: Practice Gratitude

**Practice  
Gratitude**

*Gratitude*

*It's not happiness that  
brings us gratitude.  
It's gratitude that brings  
us happiness.*

# Gratitude journal



Keep a journal by your bed and each night, try to write down 2-3 things you are thankful for.

## Strategy 5: Pray







*Be still*  
and know  
that I am  
*God*  
-PSALM 46:10





## Philippians 4:6-7

Do not be anxious about anything,  
but in every situation,  
through prayer and petition,  
with thanksgiving,  
present your requests to God.  
And the peace of God,  
which transcends all understanding,  
will guard your hearts and minds  
in Christ Jesus.

