

# Stress, Anxiety, And Coping



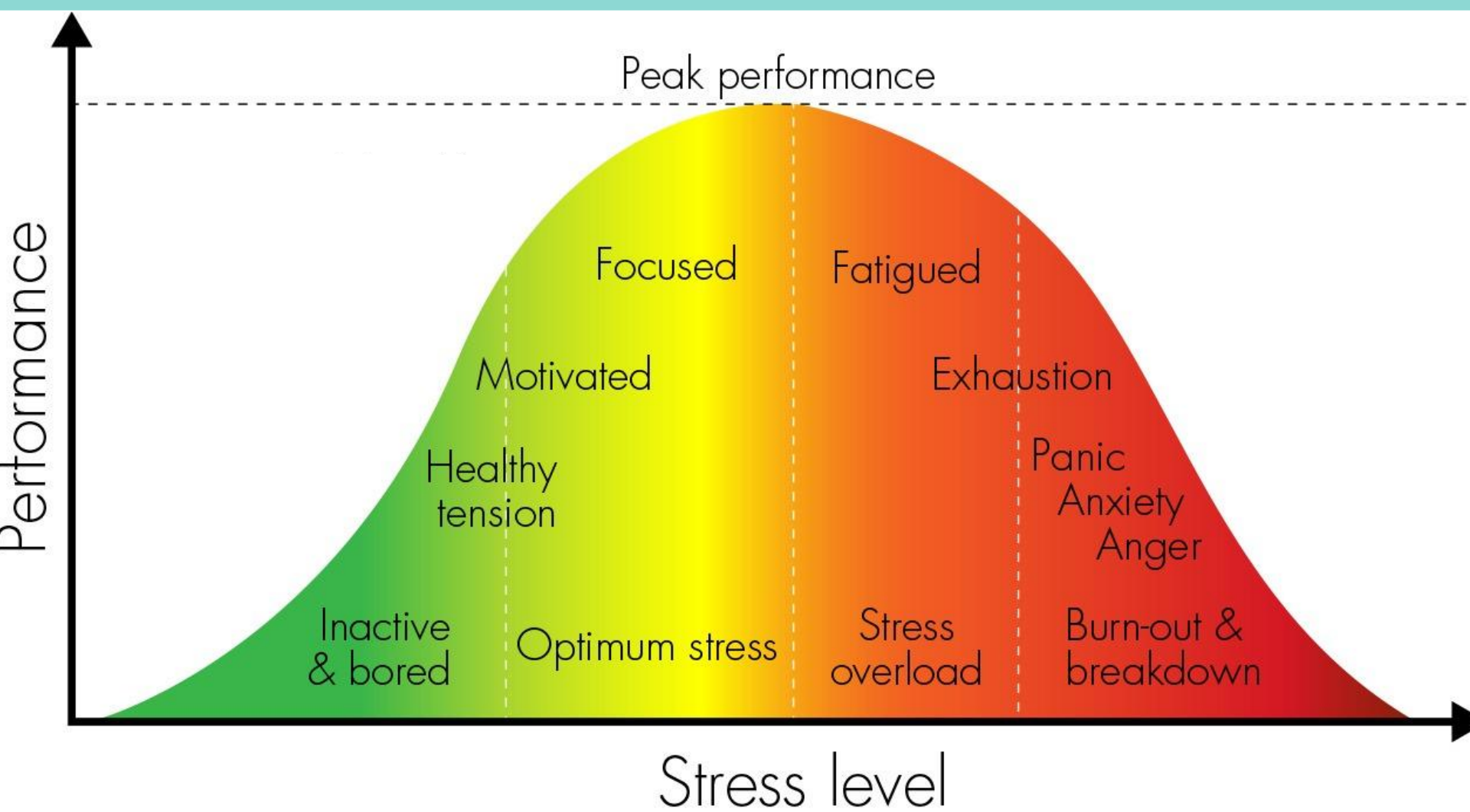
# Pre-Assessment



**<https://forms.gle/z6NNXim5nydqDyoC6>**



# **The stressors we experience**





# **The impacts of Stress/Anxiety**



**Have you noticed ways that  
stress/anxiety has negatively  
impacted you/a friend?**

HOW CHRONIC  
**STRESS**  
AFFECTS YOUR  
**BRAIN**





# Post Video Discussion





# Coping Ahead

**Making a plan for ourselves for dealing with a stressful situation we will encounter in the future.**

# Step One

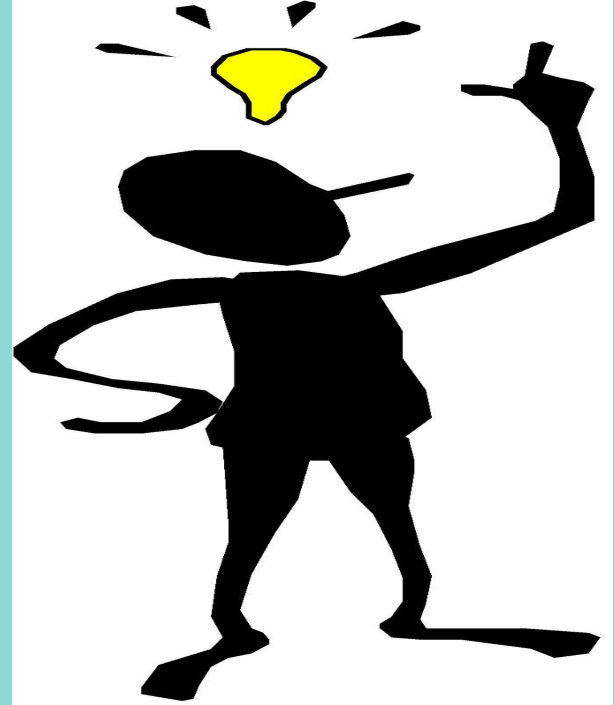
Imagine and describe a stressful situation.

- Be as vivid as possible
- Use your senses
- Stick to the facts



## Step Two

Choose what skill  
you will apply  
during the  
situation.





## A few ideas...

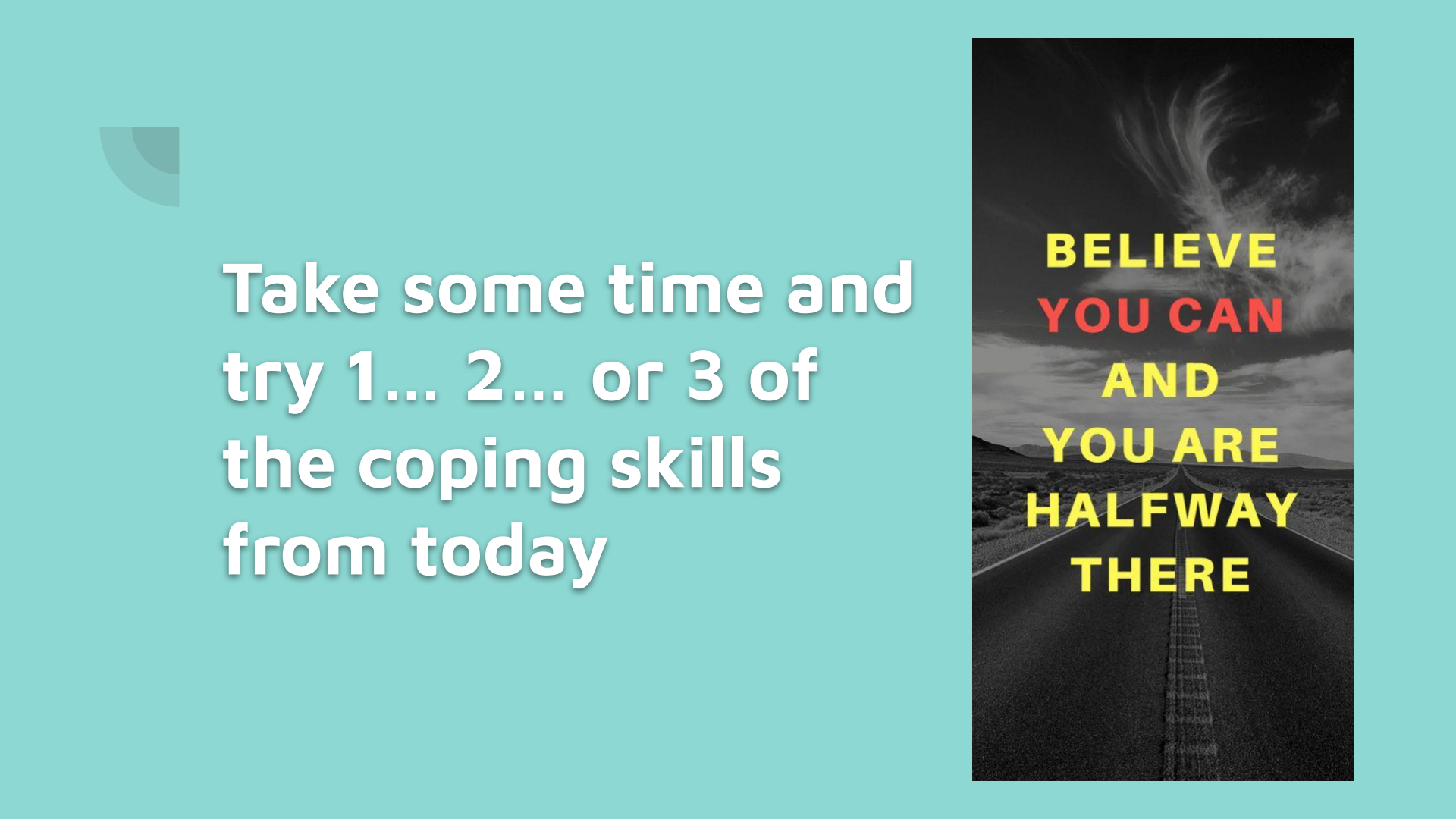
- Body scan & “Name it to Tame It”
- Counter anxious thoughts with affirmations
- Paced breathing
- 20 second focal point
- Repeat a chosen motto
- Picture someone who is proud of you



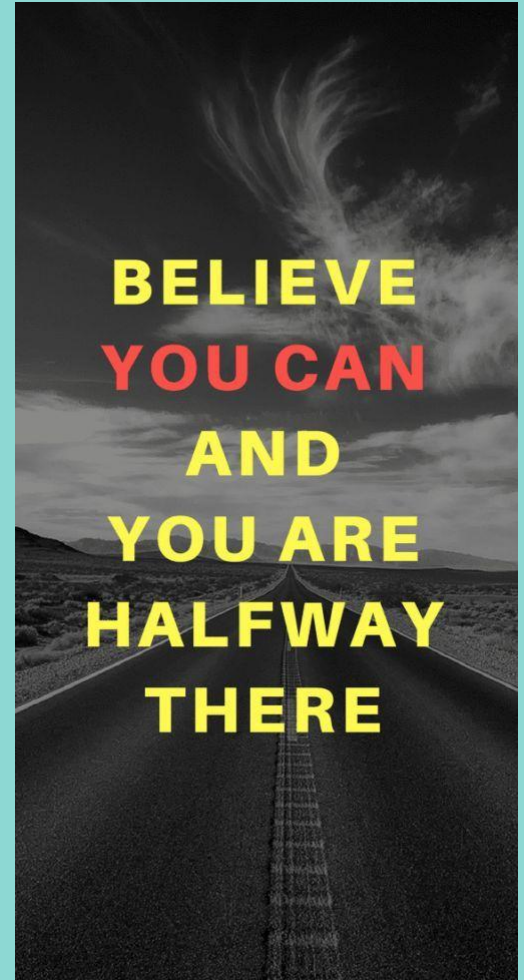
## Step Three

Rehearse it in your head.

- “If \_\_\_\_\_, I will \_\_\_\_\_”
- “Maybe I will feel...”
- “Maybe it won’t feel immediately better...  
that’s ok.”



Take some time and  
try 1... 2... or 3 of  
the coping skills  
from today



# Post-Assessment



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# Feeling overwhelmed? Want some help?

Your school counselors are here to listen, brainstorm, rehearse scenarios with you, hype you up... whatever you need!

