

# WELLNESS WEEKLY

## STRESS & ANXIETY

### What Is Stress? What is Anxiety?

**Stress** is what you feel when you are worried or uncomfortable about something. This worry in your mind can make your body feel bad.

**Anxiety** is your body's natural response to stress. It's a feeling of fear or unease about what's to come. You may feel angry, frustrated, scared, or afraid – which can give you a stomachache or a headache. When you're stressed or anxious you may not feel like sleeping or eating, or you might sleep or eat too much. You also may feel cranky or have trouble paying attention and/or remembering things.

### What Causes Stress and Anxiety?

Plenty of things can cause stress and anxiety in a child's life, and there are such things as good stress and bad stress. Good or normal stress might show up when you're called on in class or when you have to give a report. Have you ever gotten butterflies in your stomach or sweaty hands? Those can be signs of good stress – the kind of stress that can help you to get things done. For example, you may do a better job on your book report if the anxiety inspires you to prepare well before you have to read it to the class.

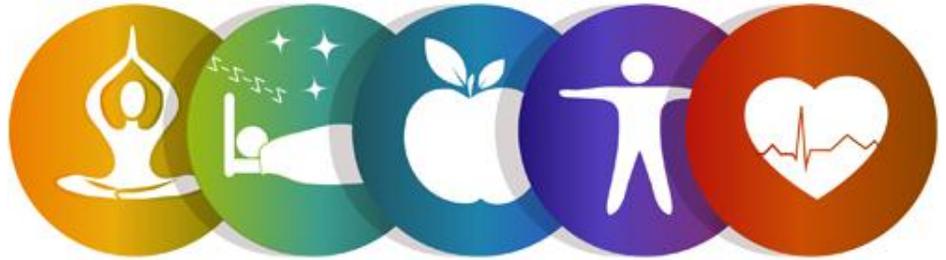
But bad stress can happen if the stressful feelings keep going over time. You may not feel well if your parents are fighting, if a family member is sick, if you're having problems at school, or if you're going through anything else that makes you upset every day. That kind of stress isn't going to help you, and it can actually make you sick.

Once you recognize that you're feeling stressed, there are several things you can do. You can try talking about what's bothering you with an adult you trust, like a parent or teacher. Bring up what's been on your mind and how it makes you feel. An adult may have ideas about how to solve whatever is worrying you or making you uncomfortable. (Source: kidshealth.org)

## COVID-19 IMPACT

Social distancing and self-isolation amid uncertain situations can put a strain on anyone. Anxiety in times like these is normal. Everyone reacts differently to stressful situations such as the current COVID-19 pandemic that requires social distancing, quarantine, or isolation. People may feel anxiety, worry or fear related to the uncertainty or feel frustration about how long you will need to remain in this situation. People may also experience loneliness associated with feeling cut off from the world, or boredom and frustration because you may not be able to work or engage in regular day-to-day activities

(Source: samhsa.gov)



## TIPS & RECOMMENDATIONS

**GET THE FACTS BUT AVOID OVEREXPOSURE:** Stay up to date on what's happening while being mindful of your media exposure. Know your source – stick to credible information sources (such as the [CDC](#) or [WHO](#)) without the "spin" of the 24/7 news cycle as this tends to increase stress and anxiety. Remember that children are especially affected by what they hear and see on TV. Particularly unhelpful are catastrophic thoughts and predictions found on various social media outlets.

**MAKE A PLAN:** Focusing on what you can do will help reduce anxiety. Make a list and write down possible solutions. Focus on problems you can solve on a daily basis.

**CONNECT WITH OTHERS:** Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can use the telephone, email, text messaging, and social media to connect with friends, family, and others. You can talk "face to face" with friends and loved ones using Skype or FaceTime (Source: samhsa.gov).

### Additional Helpful Links:

[Coping with Coronavirus](#)

[5 Ways to Help Children with Coronavirus Anxiety](#)

[Provide Coping Skills For Children](#)

[Explaining Coronavirus to Children](#)

### Helpful Links for Students:

[Calm App](#)

[Mind Yeti](#)

[Smiling Mind](#)

[Cosmic Kids Yoga](#)

Feeling overwhelmed? Text HOME to 741741 to be able to connect with a trained crisis counselor at the [Crisis Text Line](#). This free service is available 24/7 via text messaging.

Need someone to talk to? [7 Cups](#) connects you to caring listeners for free emotional support