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**Stress: what is it?**

- The way your mind and body react to change, challenges and threats
  
- Not all stress is bad
  
- Distress: When ordinary stress becomes too much

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**SOURCES OF STRESS:**

- o School demands
- o Negative thoughts and feelings
- o Problems with friends
- o Separation or divorce
- o Trouble w/siblings or parents
- o Injury or illness
- o Death of a loved one
- o Taking on too many activities
- o Too high expectations



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## Signs & Symptoms of Stress:

- Ⓢ Tension
- Ⓢ Worry
- Ⓢ Frustration or Anger
- Ⓢ Sadness or Withdrawal
- Ⓢ Reduced school performance
- Ⓢ *Extreme* behaviors



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## Stress Management

### Skills:

- ✦ Avoid alcohol, drugs & tobacco
- ✦ Decrease negative self-talk
- ✦ Eliminate excess caffeine intake
- ✦ Exercise, eat & sleep regularly
- ✦ Build a network of friends
- ✦ Learn to feel good about a competent job
- ✦ Learn relaxation skills
- ✦ Learn practical coping skills

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## Relaxation Skills:

- Closing eyes & visualizing anything pleasant to you (vacation, lunch, going to the movies)
- Listening to music
- Deep breathing
- Drawing
- Writing in a journal
- Exercise

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## Signs & Symptoms of Depression:

- ⑤ Irritability
- ⑤ Anxiety
- ⑤ Physical complaints
- ⑤ Over-reaction to criticism
- ⑤ Poor school performance

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## Possible Impacts of Depression:

- » School or work effects
  - Missing Class
  - Tardiness
  - No Motivation
- » Physical Effects
  - Change in Eating Habits
  - Losing Weight
- » Emotional or personal effects
  - Friends annoyed that you're always "down"
  - Lack of Self-Esteem

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## Benefits of Getting Help:

- ⑤ Someone to listen
- ⑤ Learn skills for coping
- ⑤ Support



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## Suicidal Behaviors

- ⇒ Thoughts
- ⇒ Attempts
- ⇒ Death

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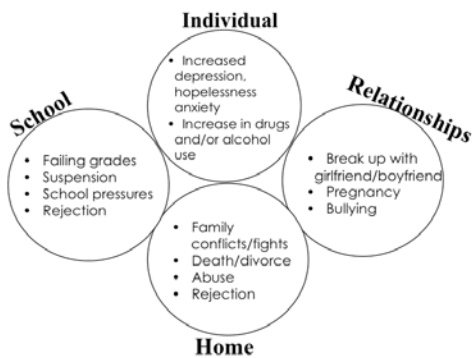
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## Causes: Suicidal Behavior



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## Warning Signs

### ▪ Suicide-Risk Behaviors

- > Past attempts
- > Talking about suicide, making plans
- > Preoccupation with death

### ▪ Depression

- > Moody, down
- > Feeling hopeless
- > Withdrawing

### ▪ Increase in Drug Use

### ▪ Things that Increase Risk

- > Easy access to guns
- > Impulsiveness
- > No one to talk to
- > Victimization experiences

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## What is **NOT** Helpful

### **I Ignoring or dismissing the issue**

- [ "Oh, let's talk about something else."
- [ "You'll meet another girl and forget this one; you're a great guy."

### **I Acting shocked or embarrassed**

- [ "You aren't REALLY thinking of suicide, are you?"

### **I Challenging or debating**

- [ "So go ahead; see if things really DO get better."
- [ "Don't you know that it is wrong to kill yourself?"

### **I Giving harmful advice**

- [ "Let's go get drunk and forget about all our problems."

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## What **IS** Helpful

### **-Show You Care-**

- o Listen carefully~

"I'm concerned about you . . .  
about how you're feeling."

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## What **IS** Helpful

### **-Ask The Question-**

- o Be direct but caring &  
non-confrontational~

"Are you thinking about suicide?"

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## What IS Helpful

### -Get Help-

o Do not leave him/her alone~

“You’re not alone. Let me help you.”

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## Resources for Help

- School counselor
- Crisis telephone hot-line
- Physicians/health care providers
  - Mental health specialist
  - Teachers, coaches, parents
  - Clergy, youth leaders

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