

HOW DOES MY BODY REACT TO STRESS?



WHAT CAN I DO TO HELP MY STRESS LEVELS?

BODY

Activities to relax my muscles and bring my heart rate down

MIND

Activities to unjumble my thinking and focus clearly

activities to bring my confidence back up and my anger/sadness down

EMOTIONS

activities that promote me doing the things I have to do, need to do, and love to do

BEHAVIOR