

# THE BASICS OF STRESS



## WHAT IS STRESS

Stress is your mind and body's response to a real or imagined threat, event, or change. This can be physical, emotional or psychological.



## SOURCES OF STRESS

Stressors are the actual threats, events, and changes that cause your mind and body to respond. These can be positive or negative.



## HOW STRESS AFFECTS THE BODY

Stress can show up in both the body and mind, causing things like muscle tension, changes in sleep or appetite, headaches, irritability, trouble focusing, or racing thoughts. Your personal signs and symptoms may not look the same as someone else's.



## MANAGING STRESS

Tools like exercise, deep breathing, good sleep, social support, and taking breaks can help reduce the intensity of stress. Small, steady choices over time make a big impact on how you feel.