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We provide FUN content that helps students in Lincoln County unwind and learn healthy ways to deal with stress.

 @stressfree\_lc



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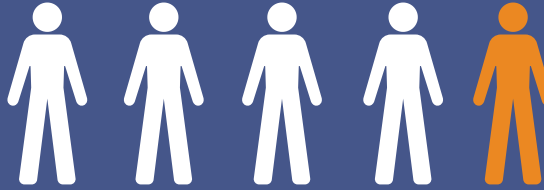
-  **Building**
-  **Coping**
-  **Skills**



## Common Stressors

Friends	Sleep
School	Relationships/ Social Pressure
Homework	Uncertainty of the Future
Home Life Family	World Events Self-Image

**"About 1 in 5 U.S. children experience a serious mental health concern." - CDC**



## When You're Feeling STRESSED...

### DO THIS:

- Exercise and eat regularly
- Get enough sleep
- Avoid excess caffeine
- Talk to a trusted adult
- Go for a walk
- Listen to music
- Journal
- Focus one thing at a time

### DON'T DO THIS:

- Substance use
- Juuling, vaping, smoking
- Drink Alcohol
- Drugs
- Avoid others
- Self-harm

## What is Stress?

Stress is a normal part of life.

It is physical, mental, or emotional factors that cause bodily or mental tension.

Stress can be external (from the environment, psychological, or social situations) or internal (illness, or from a medical procedure).

Stress becomes negative when a person faces continuous challenges without relief or relaxation between stressors.

## Are You Resilient?

Resiliency is the ability to adapt well in the face of hard times. It is what makes some people seem like they can easily "bounce back", while others can't.



## Coping Skills