

# DEALING WITH STRESS

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH



## WHAT IS STRESS?

- It is a normal reaction to demands of life, and not all stress is bad!
- It includes the body's response to any change that requires an adjustment or response.
- It could be a one-time or brief experience, or can be chronic or recurring.
- It tells us that we need to act or respond. It can lead to motivation and a drive to get things done.

## HOW DOES STRESS AFFECT US?

- When our brains perceive threat, a stress response is activated in the body and a burst of hormones is released that activates the fight/flight/freeze response.
- When the threat is gone, the body returns to a calm state.
- Long-term stress causes stress hormones to stay elevated, which can have a negative impact on us mentally, physically, and emotionally.

## DID YOU KNOW STRESS CAN...

Impact our concentration, learning, and our relationship with others.

Have effects on the body, such as headaches, muscle tension, fatigue, upset stomach, and sleep problems.

Affect our mental health and can lead to anxiety or depression.

## HOW TO MANAGE STRESS:

- Connect and spend time with others
- Get involved in interests like sports, music, crafts, etc.
- Move your body (exercise)
- Spend time in nature or with animals
- Breathe, practice yoga, meditate
- Develop a daily routine
- Limit social media
- Seek support from a professional

1. NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI). [HTTPS://WWW.NAMI.ORG](https://www.nami.org)



LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
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