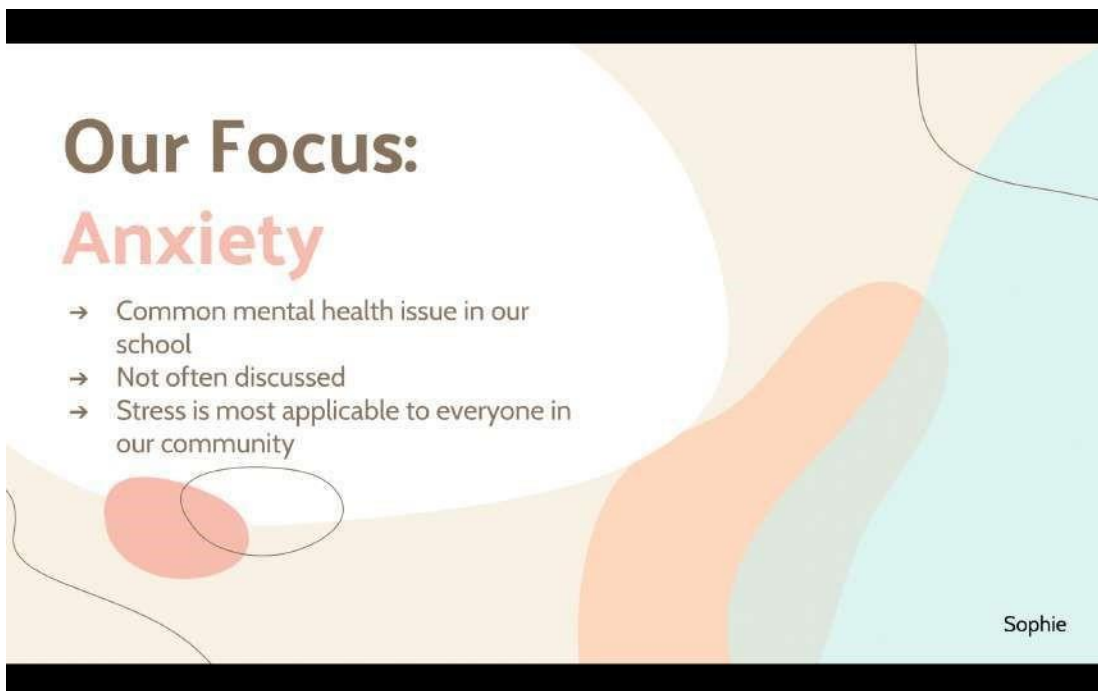


Wellness Classroom Presentation:



Be There Rules

How to support someone

Be There Rules: 1. Say what you see

- If a person's behavior changes in a more intense, negative, and long-lasting way
- Talk to the person without judgement
- Offer your support
- Don't make assumptions- just state what changes you have noticed
- (use "I" statements)
 - ◆ ex) "I've noticed that you haven't been showing up to practice lately and are missing school. Are you okay?"

Kate

Be There Rules:

2. Show you care

- Start a conversation by saying "I care about you. What can I do to help?"
- Create a safe environment
- Show support through your tone of voice, body language, and actions
- Don't rush the conversation
- Keep it simple
- Offer practical help

Srija

Be There Rules:

3. Hear them out

- Follow up after you ask for help
- Validate their feelings
- Ask open-ended questions
- Show affirming body language
- Share wisely - sharing your own story isn't always helpful

Ifra

Be There Rules:

4. Know your role

- Don't judge, don't preach, and don't downplay
- Set boundaries to make sure you are also safe
 - ◆ Be upfront
 - ◆ Assume the best of them
 - ◆ Revisit boundaries
 - ◆ Be open to changing the boundaries

Kate

Be There Rules:

5. Connect them to help

- Let them know there are people they can talk to
 - ◆ School counselor
 - ◆ Trusted family member, friend, elder
 - ◆ Call or text a helpline
 - ◆ Find a therapist through [psychologytoday.com](https://www.psychologytoday.com)
- Try to understand their resistance if they don't want to talk

Ifra

STRESSORS



SCHOOL

89% of people said school- biggest stressor so campaign is centered around it



HOME

13.6% said home causes the most amount of stress



SPORTS

18% said sports caused a lot of stress



WORK

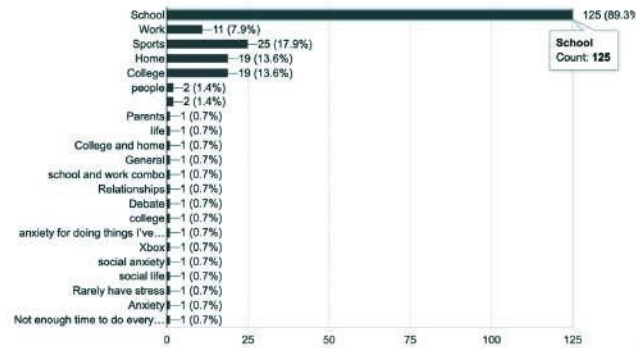
8% said work stresses them out the most

Sophie

What do you think causes the most stress in your life?

140 responses

Copy



Sophie

Common Stressors in School



Course Load
Course content that is rigorous (AP, Honors, etc.)



Grades
Pressure to meet certain expectations (set by parents, teachers, or yourself)



Extracurriculars
Pressure to perform, injuries, balancing them with school



Friends
Conflicts in friend groups or relationship, peer pressure

Srija

Stress Reducing Study Tips



Study Plan
Create an organized study plan that works with your schedule



Distribute Work
Avoid last minute cramming



Ask For Help
Before exams or quizzes, ask your teachers or friends for help



Breaks
Take short study breaks and set aside time to relax



Food
Fuel your body with nutritious food

Sophie

General Stress Tips



Take a Walk

This can release endorphins, boost your mood and confidence, and allow you to take a break from whatever you're doing that might be stressful



Listen to Music

This has been proven to decrease your blood pressure, heart rate, and stress hormones



Stay Organized

Cluttered spaces can actually negatively impact your mental health, creating a stressor. Cleaning and staying organized can help keep stress hormones low and even improve sleep

lfra

Instagram

- A public campaign targeted towards students, to raise awareness on prevalent mental health concerns, like stress and anxiety.
- Resources in bio
- Posts on stress, anxiety, and stress management
- Mental Health survey linked under our story highlight



Kate

**Take Our
Survey!**



Srija

Classroom Presentation Photos:





Wellness Presentation Feedback Survey:

HOSA Feedback Form

Please take a couple minutes to give us feedback on our presentation! This is anonymous.

gk25797@students.mcpasd.k12.wi.us (not shared)
[Switch account](#)

* Required

Was this presentation helpful? *

Yes

A little

No

How do you feel about your stress management after the presentation? *

Better

Same

Worse

What part of the presentation was the most beneficial? *

Your answer _____

Instagram:

Posts/ Captions *If there are repeating posts it's due to the caption not fitting in one picture

The image shows an Instagram post from the account 'mhealthcampaign'. The post features a green background with a white box containing the text 'What is Stress?'. Below the title, there are two bullet points: 'emotional, physical, and/or psychological strain' and 'feelings of fear, worry, unrest, changes in sleep patterns, and difficulty concentrating'. There are also three small heart icons in the bottom right corner of the white box. The Instagram interface is visible, showing the post's caption, which explains that stress is a common feeling among students and lists various causes like exams and social media. It also mentions that the campaign will look into the causes of stress and ways to reduce it.

What is Stress?

- emotional, physical, and/or psychological strain
- feelings of fear, worry, unrest, changes in sleep patterns, and difficulty concentrating.

What is Stress? Stress is a common feeling among all students. At some point, each student will experience stress that can be brought on by a multitude of factors: exams, homework, deadlines, and extracurricular activities, and the social scene. Stress can present itself through feelings of fear and worry, restlessness, difficulty sleeping, difficulty breathing, difficulty falling asleep, staying asleep, elevated heart rate, and exacerbated pre-existing health conditions (WACE). This campaign will look into the causes of stress in students and offer coping mechanisms and solutions to reduce overall feelings of stress and anxiety in students.

The image shows an Instagram post from the account 'mhealthcampaign'. The post features a purple background with a white box containing the text 'What is Generalized Anxiety Disorder?'. Below the title, there is a sub-header '(Read caption for full overview!)' and two bullet points: 'constant, overwhelming feelings of worry and anxiety that impair daily life' and 'treated by counseling/therapy, relaxation techniques, and lifestyle changes'. There is also a note at the bottom: '*GAD needs to be diagnosed by a healthcare provider or mental health professional'. The Instagram interface is visible, showing the post's caption, which provides a detailed overview of Generalized Anxiety Disorder (GAD), including its prevalence, symptoms, and treatment options.

What is Generalized Anxiety Disorder?
(Read caption for full overview!)

- constant, overwhelming feelings of worry and anxiety that impair daily life
- treated by counseling/therapy, relaxation techniques, and lifestyle changes.

*GAD needs to be diagnosed by a healthcare provider or mental health professional.

What is Generalized Anxiety Disorder (GAD)? GAD is a common disorder that affects about 1.1% of the U.S. population, and its prevalence in children and teens ranges from 2.9% to 4.8%. GAD is mainly characterized by persistent, overwhelming worry and anxiety that impacts daily life, and is associated by a range of psychological and physical symptoms:

- Overthinking and creating obstacles to various "worst-case scenarios"
- Hyperimagining scenarios as threatening
- Trouble letting go of worries
- Feeling restless and constantly on edge
- Irritability and fear of making the "wrong decision"
- Trouble dealing with uncertainty
- Difficulty concentrating
- Headaches
- Muscle tension
- Heart palpitations (racing)
- Stomach (gastro) symptoms
- Fatigue
- Trembling, twitching, and sweating

Individuals with GAD may worry about various things, which change with time and age. Unfortunately, symptoms tend to increase during periods of stress or illness. **Sticker: Children's Hospital: GAD needs to be diagnosed by a healthcare provider or mental health professional, typically a therapist.**

What is Generalized Anxiety Disorder?
(Read caption for full overview!)

- constant, overwhelming feelings of worry and anxiety that impair daily life
- Treated by counseling/therapy, relaxation techniques, and lifestyle changes

*GAD needs to be diagnosed by a healthcare provider or mental health professional.

rethinkanxietycampaign

- Perceiving harmless situations as threatening
- Trouble letting go of worries
- Feeling restless and restless on what they're doing and fear of making the "wrong decision"
- Trouble sleeping with excessively
- Difficulty concentrating
- Headaches
- Muscle tension
- Heart palpitations (fast)
- Stomach upset (GI symptoms)
- Fatigue
- Trembling, sweating, and racing

Individuals with GAD may worry about various things, which change with time and age. Unfortunately, symptoms tend to increase during particularly stressful times. Boston Children's Hospital, GAD needs to be diagnosed by a healthcare provider or a mental health professional. Typically, a diagnosis will be given to an individual who experiences symptoms on most days, for at least six months. There are various treatments for GAD: popular treatments include Counseling, Psychotherapy or Cognitive Behavioral Therapy (CBT), relaxation techniques, making lifestyle changes to reduce stress, and avoiding stimulating substances (Alcohol, Nicotine).

1w

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Generalized Anxiety Disorder (GAD) Vs. Stress
What's the Difference?

- Stress is short lived
Anxiety from GAD is persistent
- Stress is caused by external factors
Anxiety from GAD is caused by internal and/or external factors
- GAD can be inherited (caused by genetics)

mhstresscampaign

mhstresscampaign Stress and anxiety are both emotional responses; however, it is important to know that they are not the same thing. Stress is usually caused by an external trigger, like a fight with a friend, discrimination, or a looming deadline. When people are stressed, they usually experience mental and physical symptoms such as irritability, muscle pain, and difficulty sleeping. On the other hand, Generalized Anxiety Disorder (GAD) consists of persistent, excessive worries that usually exist without the presence of an external stressor. (APA). The anxiety from GAD stems from an internal origin, like one's own thoughts or genetics. Unlike stress, where feelings of discomfort subside after the stressor passes, people with GAD can experience lingering anxiety even after the issue has passed (Mental Health First Aid). Individuals with GAD often experience the same symptoms as those who are stressed: insomnia, muscle tension, fatigue, irritability, and difficulty concentrating, but those symptoms are intensified and persistent in those with GAD (APA). It's important for students to be able to identify the differences between GAD and regular feelings of stress, so that they can properly assess their situations and get the appropriate help. If you are currently feeling anxious or stressed, make sure you are getting enough sleep (around 8 hours), maintain healthy relationships and connections with family and friends, and fuel your body with nutritious food (Mental Health First Aid).

1w

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JANUARY 1

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Feeling Stressed?

Take a walk!

Walking releases endorphins, boosts mood and confidence, and allows you to take a break from your stressors!

GREAT!

mhsstresscampaign

Walking is a simple and effective way to cope with stress! If you are feeling overwhelmed with school work, stressed about a competition or event, or nervous for an exam, taking a break for 15-30 minutes and going on an outdoor walk could be just what you need. Walking releases endorphins, which are your brain's "feel good" hormones, giving you an improved sense of well-being. Going on a walk after a long day of school can help you wind down and clear your mind from any accumulated stress. Also, walking regularly has been proven to boost your mood, self-confidence, and decrease mild symptoms of anxiety and depression (Mayo Clinic).

Challenge: Find 15-30 minutes during your day today, and take a mindful walk. Be conscious of your environment and appreciate the nature. Try to let go of your stressors before your walk, and solely focus on your surroundings and things that bring you joy during your walk.

1w

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JANUARY 2

Add a comment... Post

Noticing Stress and Anxiety in Others

- an individual's behavior will usually change in a more intense, negative, and long-lasting way
- talk to the individual who is struggling without judgement
- offer your support

mhsstresscampaign

It is important to be able to recognize the signs of a fellow student who may be struggling mentally, and just as crucial to know how to act. A general rule of thumb is that when a person's behavior or feelings have changed in an intense, long-lasting, and negative way, it usually means that they are coping with a mental disorder. The following consists of a more in depth description of these characteristics:

- Intense: Stronger and more frequent than usual ups and downs
- Long-lasting: About 2 weeks or more
- Negative: Hinders their daily routine and/or interferes in relationships or responsibilities

So what should you do if you notice these signs in someone? Say what you see. Start by listing changes that you've seen in the person and ask if they're okay. Don't judge and don't make assumptions (assumptions being your opinions that are subjective)- just stick to the facts. If the conversation gets awkward, that's normal too. It's best to embrace it in these situations as it's better than staying silent. Facing resistance can also be an issue when talking to someone about these things- especially if they're a student who you don't know as well. Just remember that these can be really uncomfortable and upsetting conversations, and to not take anything personally. If someone is panicking, ease off and give them some space. The discussion is about them, so go at a pace

mhsstresscampaign

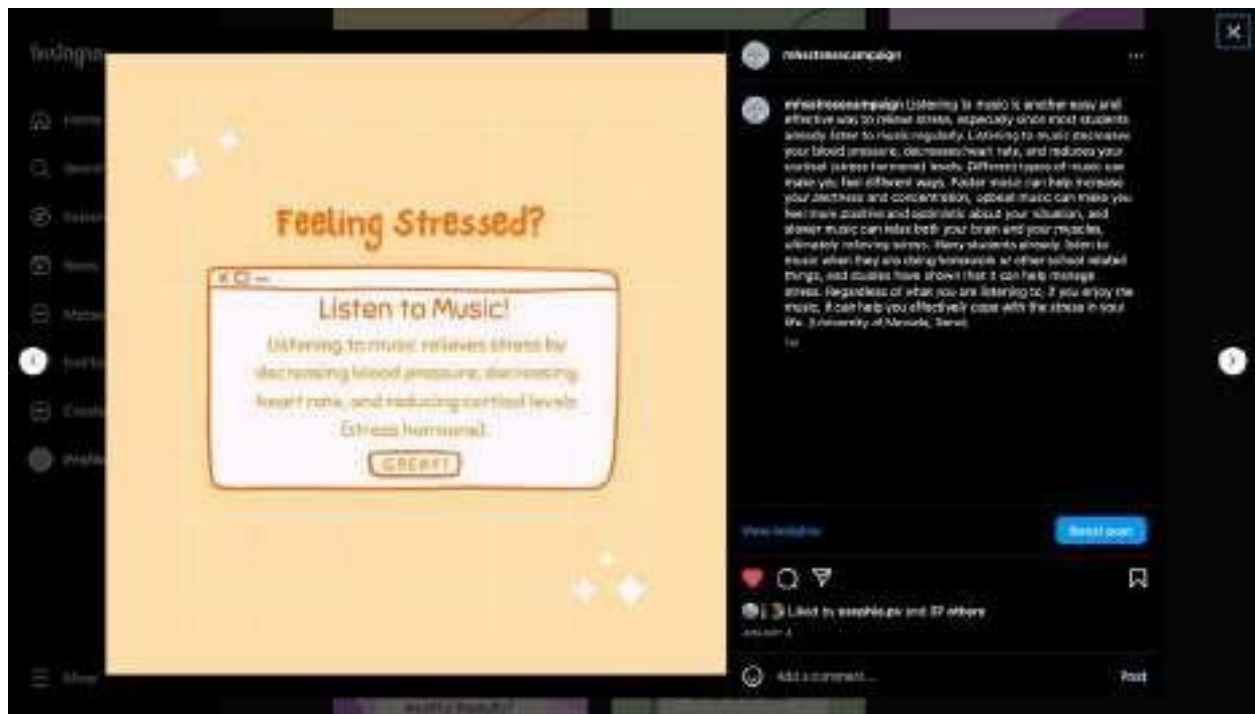
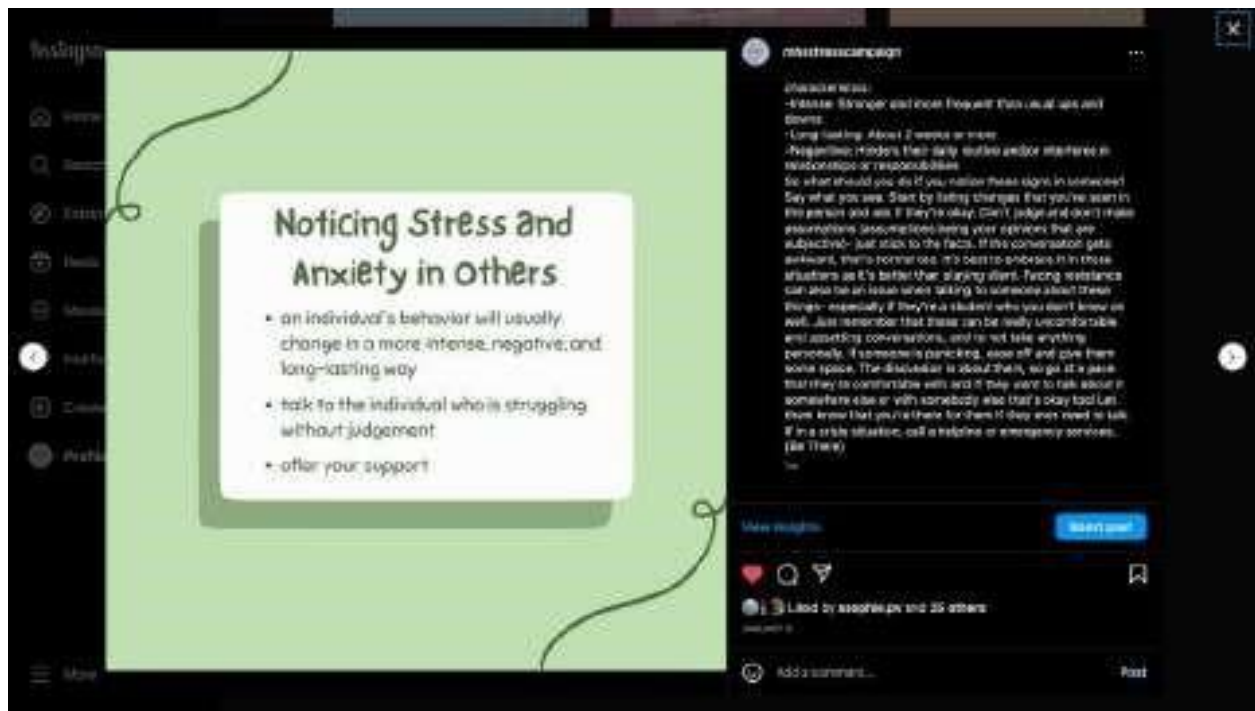
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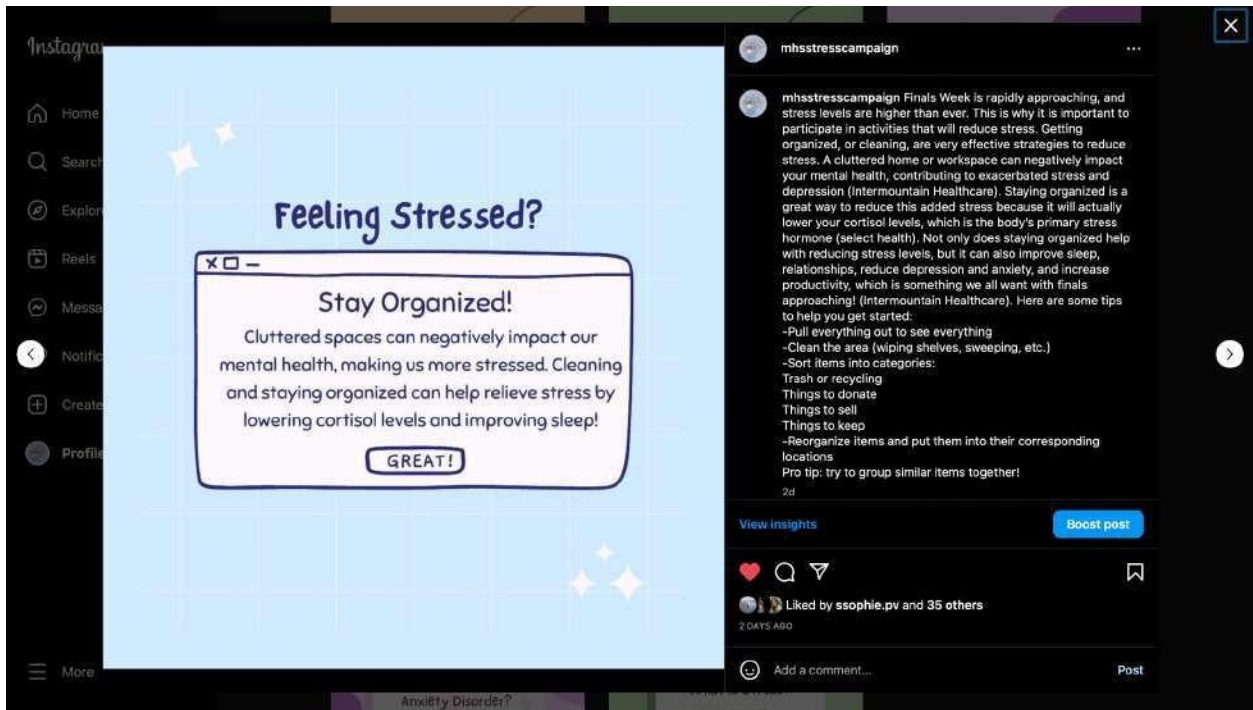
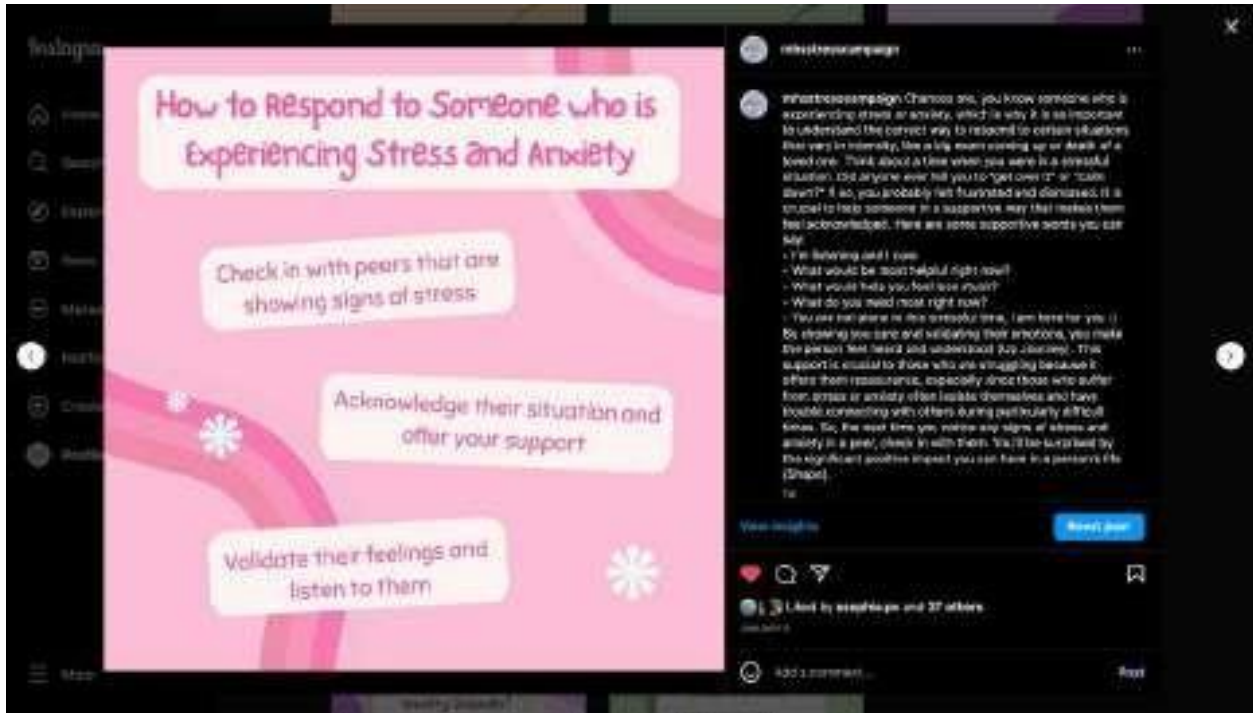
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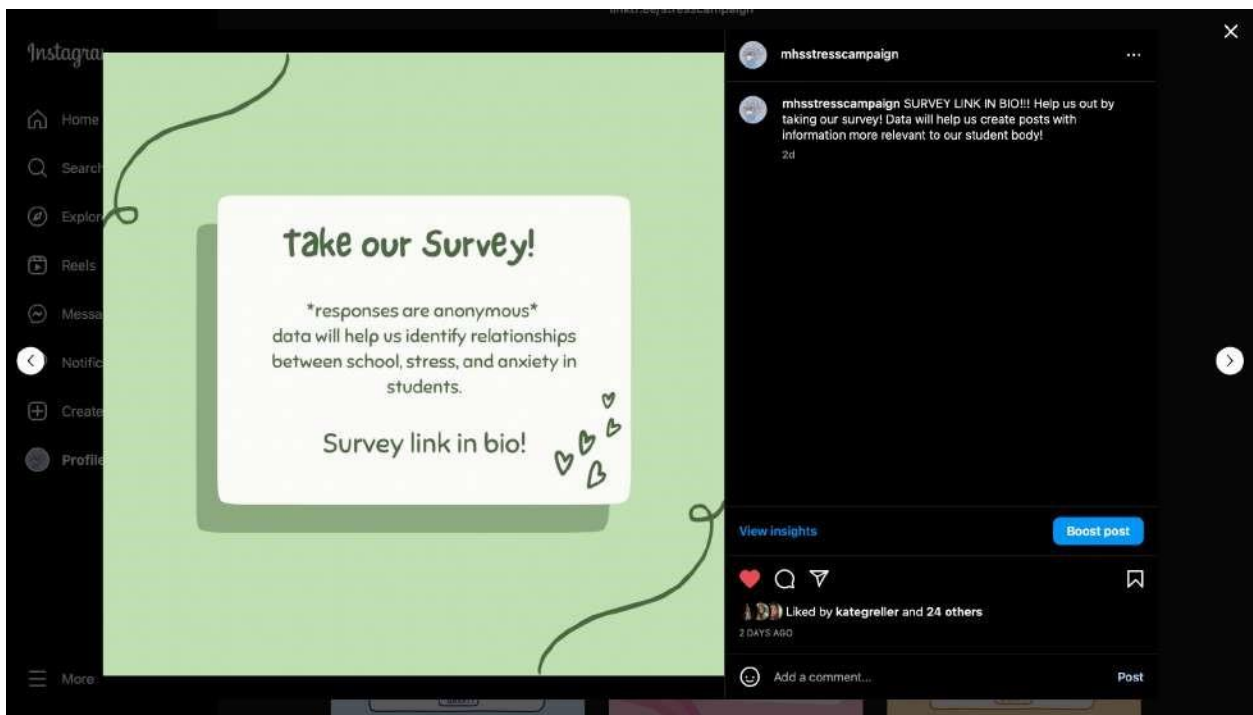
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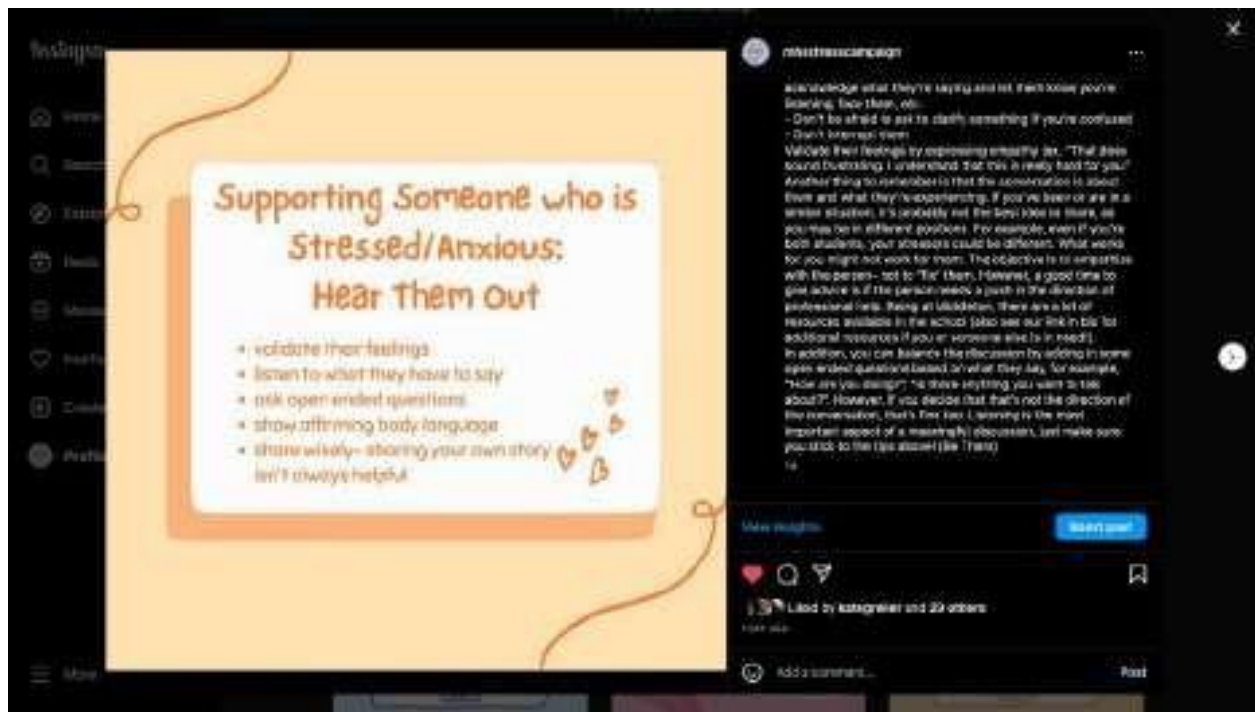
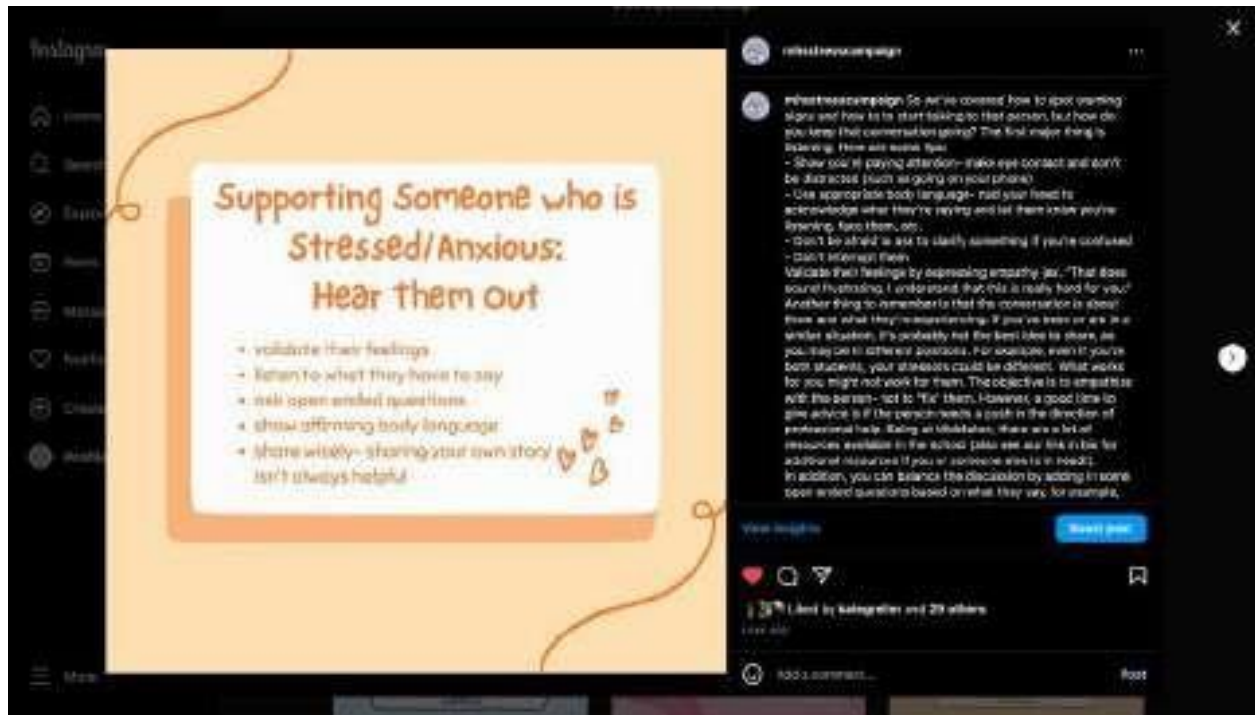
JANUARY 3

Add a comment... Post









Tips to Improve Your Sleep Schedule
To reduce stress and anxiety :)

- increase your daily activity and reduce your caffeine intake
- develop a relaxing bedtime routine (meditation and mindfulness are great ways to reduce stress before bed)
- try to limit screen time an hour before bed (blue light from screens can suppress melatonin production, making it harder to fall asleep)

mhsstresscampaign Teenagers should be getting 8-10 hours of sleep per night. (CDC) However, studies have shown that on average, they only get around 6.5-7.5 hours of sleep. (betterhealth) In fact, our Mental Health Survey showed that the majority of students get less than 7 hours, some even less than 5. This lack of sleep can cause the body to become more stressed by releasing the hormone cortisol. Cortisol allows the body to react to distress. It is also in charge of the body's fight or flight response. Too much cortisol is also linked to weight gain and cardiovascular issues. Lack of sleep also overworks the heart, causing serious amounts of stress and anxiety. (bannerhealth) Luckily, a sufficient amount of sleep comes with many benefits: better immune system, less anxiety, healthy weight, better performance in school and social settings, to name a few (Myhealthfinder). Here are some ways to help you improve your sleep schedule to maximize your amount of sleep:

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FEBRUARY 21

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Tips to Improve Your Sleep Schedule
To reduce stress and anxiety :)

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social settings, to name a few (myhealthfinder). Here are some ways to help you improve your sleep schedule to maximize your amount of sleep:

- Practice a relaxing bedtime routine (meditate, bath, limit screen time)
- Avoid screens at least an hour before bed
- Stay away from energy drinks, coffee, etc
- Keep your bedroom dark
- Have a consistent bedtime routine
- Be active more in the day (betterhealth)

As your body keeps practicing these habits, it will slowly get used to them and they will become natural. Start off small. For example, go to sleep 10 minutes earlier than normal, then gradually increase. Any amount of extra sleep will be beneficial to your mind and body.

3w

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FEBRUARY 21

Add a comment... Post

Test Taking Tips to Reduce Test Anxiety

- prepare ahead of time (study a few days prior to the test)
- take deep belly breaths
- use positive self talk: "I'm a rockstar, I'm going to rock this test!"
- take your time and pace yourself

(see caption for more strategies!)

mhsstresscampaign Likely, test anxiety is a familiar feeling that many of us dread. Luckily, there are many things that you can do to reduce your stress and anxiety levels on test day. First, it's important to adequately prepare, distributing your study sessions over a couple of days to avoid cramming (see our post on study strategies for more). Also, eating a nutritious meal before your test will fuel your mind and body and increase your focus. If possible, avoid eating sugary foods, soda, or caffeinated beverages, to avoid your blood sugar peaking and then dropping suddenly (aka a sugar rush and crash) (Mayo Clinic). As we know, getting enough sleep is crucial as it helps rest your brain and can improve your memory and recall! Here are a few specific exercise you can do prior to/during your test to calm yourself down:
 - Take deep belly breaths (placing your hand on your stomach and feeling the expansion of you stomach with each breath will help calm you down)

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MARCH 2

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Test Taking Tips to Reduce Test Anxiety

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(see caption for more strategies!)

mhsstresscampaign

- Take deep belly breaths (placing your hand on your stomach and feeling the expansion of you stomach with each breath will help calm you down)
- Use positive affirmations and BELIEVE them: "I've got this!" "I'm a rockstar, I'm going to rock this test!"
- Read the directions carefully before beginning
- Work on easier sections first
- Pace yourself
- Don't be afraid to skip questions - focus on your strengths and dedicate time at the end to work through the more challenging questions
- Use process of elimination for multiple choice questions
- Take breaks during the test to take a few deep breaths or do a full body squeeze
- Take your time!!!!

1w

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MARCH 2

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Stress and Nutrition

the correlation:
stress causes us to crave comfort foods while a nutritious diet helps reduce stress!

stress relieving foods:
Vitamin B, Omega-3 fatty acids, proteins, and gut-healthy foods

PRO TIP:
looking for a quick way to relive stress? eat something that's rich in magnesium like dark chocolate or pumpkin seeds :)

mhsstresscampaign When we are stressed, we often find ourselves craving comfort foods — sugary drinks, baked goods, or other processed foods — and reduce our intake (or fully neglect) whole, nutritious foods like fruits and vegetables, or home cooked meals. There is actually a relationship between stress and nutrition: stress makes us more inclined to eat unhealthy foods, while a balanced diet with an emphasis on whole foods has been proven to lower depression, anxiety, and stress (American Society for Nutrition). So, how can we, as students, use nutrition to lower our stress levels and increase our performance? By consuming a balanced diet and reducing our intake of highly processed foods, we can improve our brain function and significantly reduce our stress levels! Here are some foods that reduce cortisol levels and help manage stress and anxiety:

- Chicken, beef, and eggs are a great source of Vitamin B
- Salmon, avocados, walnuts, chia seeds, tuna, anchovies, and flax seeds are high in - Omega-3 fatty acids (help reduce inflammation)
- Bananas, broccoli, avocados, dark chocolate, spinach, and pumpkin seeds are magnesium rich foods that help relax the body and mind ✨
- Protein rich foods help balance blood sugar levels
- Greek yogurt (other other gut-healthy foods) help boost our

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4 DAYS AGO

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- Protein rich foods help balance blood sugar levels
- Greek yogurt (other other gut-healthy foods) help boost our immune system and balance blood sugar levels

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4 DAYS AGO

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Instagram

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The Power of Yoga for Stress Relief

- yoga improves mindfulness of our breathing and our bodies
- yoga improves our focus and concentration
- yoga can be done anywhere!

GREAT!

mhsstresscampaign

mhsstresscampaign Yoga is an easy and effective way to manage our stress because it helps us stay in the present moment and focus on our breathing. When doing yoga poses, we are encouraged to hold them for a certain number of breaths, and focus our attention on various body parts, helping take our mind off of our stressors and improve our focus and concentration. The best thing about yoga is that you can do it almost anywhere and anytime! If you're a beginner, there are lots of good yoga tutorials or flows to follow along with. There are a variety of different poses: downward dog, cat-cow, plank, warrior 1, 2, and 3, child's pose, tree pose, butterfly, and standing/seated forward fold. Try incorporating a few yoga poses into your morning or night routine, to help ground yourself before a potentially stressful day, or unwind after a busy one (Kids Health).

1d

netra.somsundaram slay

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1 DAY AGO

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Tips to Improve Your

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Supporting Someone who is Stressed/Anxious: Know Your Role

- actively listen to them
- acknowledge their situation/struggles
- avoid giving unsolicited advice/personal stories
- establish boundaries between you and your friend (your role, your capacity, your safety)
- check in with yourself: are you in the right headspace for an emotional conversation?

mhsstresscampaign

mhsstresscampaign After you have opened a conversation with someone about their mental health, it is important to set boundaries in order to protect them, your relationship, and yourself. Firstly, it's important to not to share your own story and give your own advice—this can come off as dismissive to their personal experience. Unless they specifically ask for your opinion, try not to give it. In addition to this, make sure not to downplay or minimize their situation by implying that they are overreacting, and as always, make sure not to judge them. There are also specific types of boundaries:

- Your Role: Remember, you're their friend, not their therapist
- Your Capacity: It's hard to single-handedly be someone's support system- help them connect with other friends, family, and/or other community resources
- Your Safety: If there are things that you feel threaten your safety (such as topics you don't feel comfortable talking about, things you don't do, etc.) establish these boundaries up front

It is also important to be in the right mindset when having these conversations with someone. It may even be best to take a step back and have the discussion at another time. If you're already in it, and feeling frustrated, annoyed, or just not in the right headspace, try pausing and thinking through what you are going to say. Make sure to check in with yourself, and maybe even talk things through—whether that be by journaling.

17 HOURS AGO

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Tips to Improve Your

Instagram

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mhsstresscampaign

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17h

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Liked by kategreiler and 21 others

17 HOURS AGO

Add a comment... Post


Tips to Improve Your

linktr.ee/stresscampaign

The Power of Laughter for Stress Relief

- laughing releases endorphins
- laughing soothes tension in the body
- laughter improves your immune system due to the release of neuropeptides

GREAT!



mhsstresscampaign

mhsstresscampaign Laughing is a great way to relieve stress and it comes with many other benefits. Whether this means watching a funny show or cracking jokes with your friends, laughing does you good. Although it can't completely heal all your stress, it will definitely help! When laughing, your body intakes more oxygen-rich air; stimulates your heart, lungs, and muscles; and increases the endorphins released into your brain, improving your physical health. Moreover, laughing can soothe tension by stimulating circulation and aid muscle relaxation which contributes to reducing the physical symptoms of stress. Laughing can increase and then decrease your heart rate and blood pressure which produces a relaxed and calm feeling. But there is more! Laughter also has many long-term benefits, one of them being an improvement in your immune system; negative thoughts can turn into chemical reactions that have a negative effect on

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1 HOUR AGO

Add a comment... Post

WHAT DO YOU Stress and Nutrition

A Campaign dedicated to raising awareness about stress and anxiety in students, and offering solutions!
linktr.ee/stresscampaign

The Power of Laughter for Stress Relief

- laughing releases endorphins
- laughing soothes tension in the body
- laughter improves your immune system due to the release of neuropeptides

GREAT!

symptoms of stress. Laughing can increase and then decrease your heart rate and blood pressure which produces a relaxed and calm feeling. But there is more! Laughter also has many long-term benefits, one of them being an improvement in your immune system; negative thoughts can turn into chemical reactions that have a negative effect on your body ultimately bringing more stress into your system and decreasing immunity. In the same way, laughing brings positive thoughts which release neuropeptides which help fight stress and even other serious illnesses. Furthermore, laughing can relieve pain because it causes the body to produce its own natural painkillers. So, if you're ever feeling down or stressed, tell a joke. After all, laughter is the best medicine. (Mayo Clinic)

1h

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1 HOUR AGO

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Post

mhsstresscampaign Edit profile Ad tools

Supporting Someone Who Is Stressed/Anxious
Connect them to Help

- Guide them to appropriate resources
- Express your concern and ask open-ended questions if the person doesn't want to talk
- Do not push or make assumptions

It is important to know when to get help if you see someone struggling to cope with stress or anxiety. The earlier the better- and let the person know that they don't have to endure what they are going through alone. However, trying to find resources can be a bit hard. If there aren't appropriate resources in the area, go online and look at things such as helplines. But before doing that, try finding a more local approach. Some of these resources could be:

- School counselor
- Family doctor
- A trusted adult family member
- Youth drop-in center
- Religious/ cultural community
- Find a therapist through psychologytoday.com or betterhelp.com

Remember, therapy and medication can be beneficial treatments

View insights

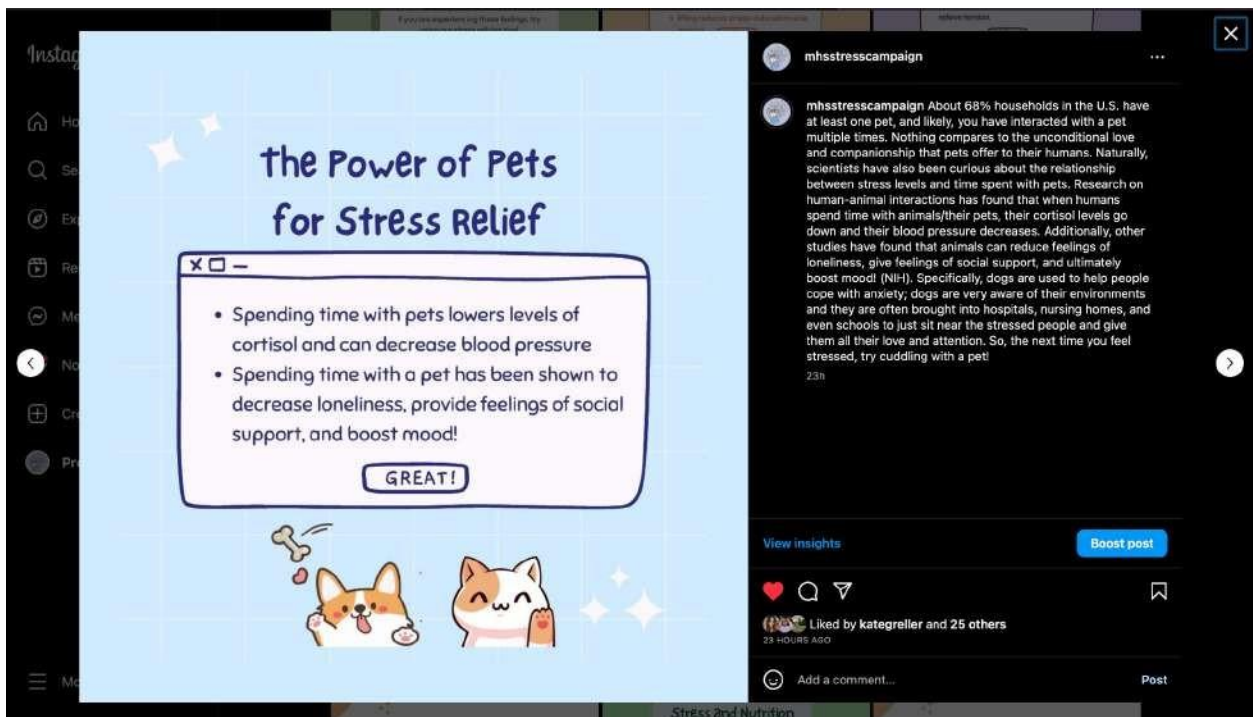
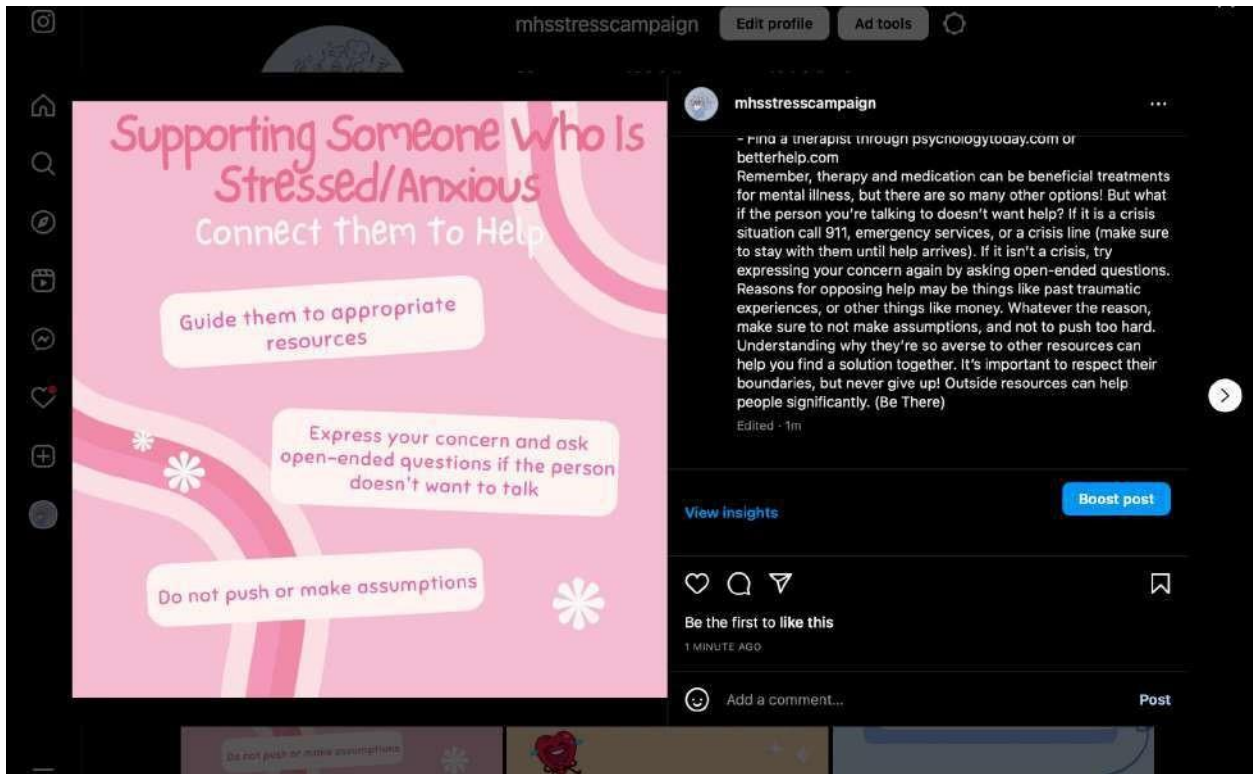
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Post



What kinds of Music are Most Effective for Stress Relief?

- Studies have shown that tunes with nature replicating sounds are the most calming
- Light jazz, classical music, drums, and flutes have been proven to help listeners relieve tension.

GREAT!

(Note: The image also features musical notes and sparkles at the bottom of the graphic.)

mhstresscampaign

mhstresscampaign In a previous post, we stated that music is proven to help reduce stress levels through many different ways. But what kind of music is the most effective at relieving stress? Studies show that Native American, Celtic, Indian stringed instruments, drums, and flutes do this best. Light jazz and classical music are also known to be relaxing when they have sounds of rain, thunder, or other sounds from nature in them (University of Nevada, Reno). They can relieve stress and tension by making you feel more calm. Although these are the statistics found by professionals, it may not work for everyone. This music can be effective for those who already enjoy these types of sounds so if you do not particularly like this genre of music, it may be more beneficial to listen to music that you enjoy. Music that you don't like can increase tension by irritating you instead of reducing it so this genre of music is a recommendation to those who would like to try a new type of music to help them feel less stressed in their everyday lives.

20h

View insights **Boost post**

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20 HOURS AGO

Add a comment... **Post**

The Power of Weight Lifting for Stress Relief

- Lifting boosts endorphins
- Lifting helps create better sleeping habits
- Lifting increases self-esteem
- Lifting reduces stress-induced muscle tension

GREAT!

(Note: The image also features a person lifting weights at the bottom left of the graphic.)

mhstresscampaign

mhstresscampaign Throughout our posts, we have highlighted the importance of physical activity, such as taking a walk or yoga, in order to reduce stress levels. However, something we found (like many comment throughout) the student body is weight lifting. Many student athletes participate in this for conditioning for various sports, and some even do it on its own! As many of us have experienced high levels of stress, this can be a great way to reduce those feelings. Weightlifting can:

- Boost endorphin production - your body's "feel good" hormone
- Create better sleep habits (due to energy spent and the focus required)
- Increase self-esteem (with good technique, people get better and progress can clearly be seen, which helps to boost self-esteem and a positive outlook)
- Reduce stress-induced muscle tension

With all of these things considered, the overall impact of lifting weights manifests in a better mood, more self-confidence, and a general healthier lifestyle, as these are truly mental and physical benefits! (MuscleUp)

20h

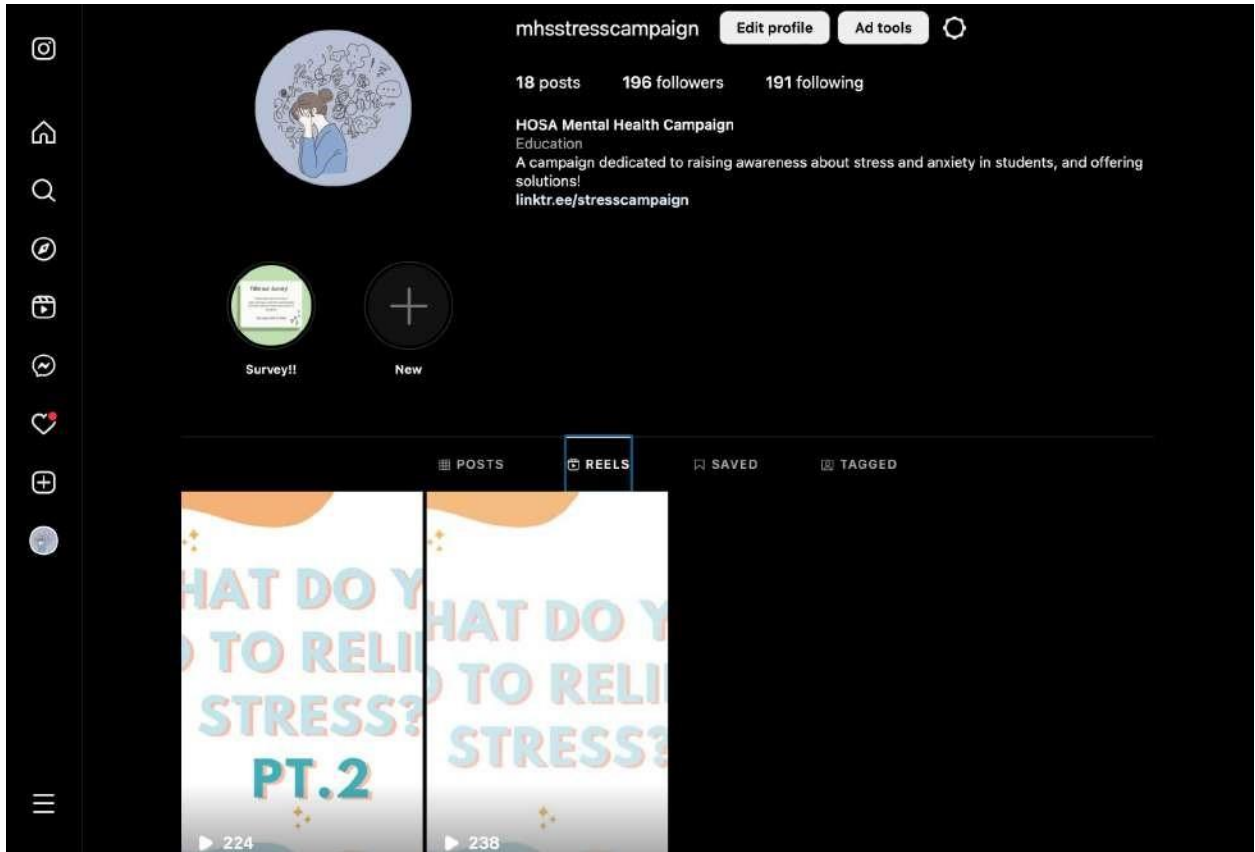
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Reels:



mhsstresscampaign Edit profile Ad tools

18 posts 196 followers 191 following

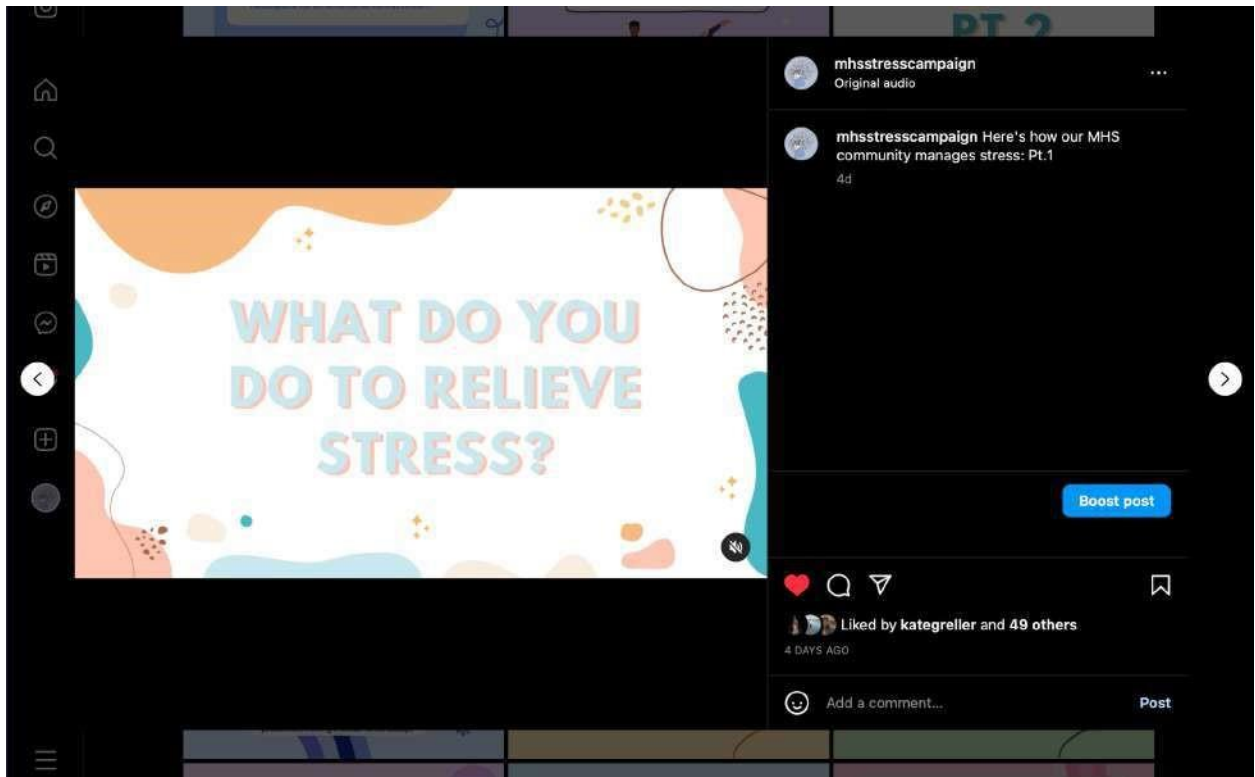
HOSA Mental Health Campaign
Education
A campaign dedicated to raising awareness about stress and anxiety in students, and offering solutions!
linktr.ee/stresscampaign

Survey!! New

POSTS REELS SAVED TAGGED

WHAT DO YOU DO TO RELIEVE STRESS? PT.2

224 238



WHAT DO YOU DO TO RELIEVE STRESS?

mhsstresscampaign Original audio

mhsstresscampaign Here's how our MHS community manages stress: Pt.1
4d

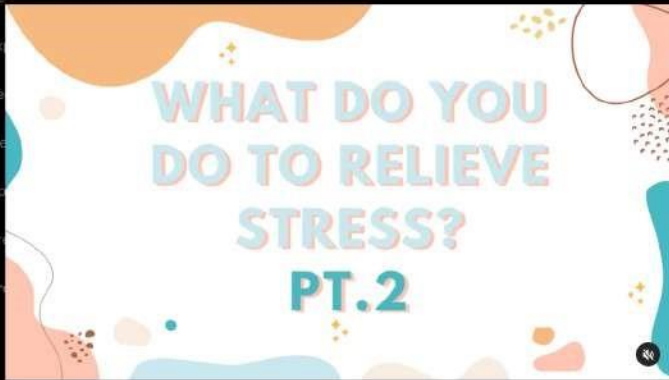
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mhsstresscampaign
Original audio

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Start the conversation.

Boost post

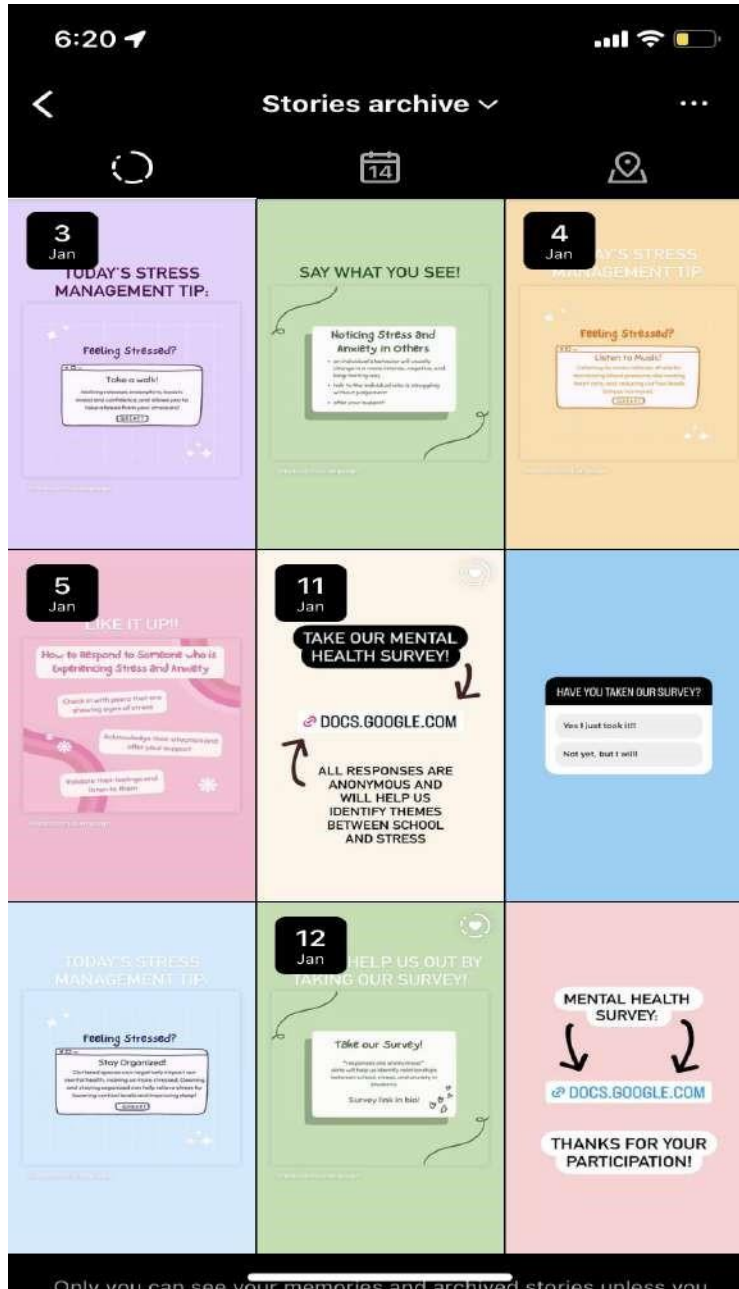
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3 DAYS AGO

Add a comment... Post

Mc

Tips to Improve Your

Stories:



Linktree:



@mhsstresscampaign
Mental Health Resources

Take Our Survey!

Anxiety and Stress Survey

Talk to Someone At School



Schedule an Appointment at Middleton High School

Hotlines



National Prevention Lifeline

Wisconsin County Hotlines

Teen Line | Teens Support Hotline

Linktree*

Survey:

How Stressed Are You?

This form is to collect data for a school project on stress levels. Please answer honestly. All answers will be ANONYMOUS (we won't see your name)

 kategreke1@gmail.com (not shown) [View account](#)

* Required

On average, how many hours of sleep do you get? *

- Under 5 hours
- 5-6 hours
- 6-7 hours
- 7-8 hours
- 8+ hours

Do you have trouble sleeping? *

- Always
- Often
- Sometimes
- Rarely
- Never

Do you find yourself getting easily irritated? *

- Always
- Often
- Sometimes
- Rarely
- Never

How often do you get headaches? *

- Always
- Often
- Sometimes
- Rarely
- Never

Do you think due dates (for school assignments) are reasonable? *

- Always
- Often
- Sometimes
- Rarely

Rarely

Never

How much school work do you do outside of school per day? *

0-1 hours

2-4 hours

5-7 hours

7+ hours

How do you manage your stress? *

Your answer: _____

Do you think the thing(s) you listed above work? *

Always

Often

Sometimes

Rarely

Never

How does stress affect your life? *

Positively (it pushes me to finish things)

Neutral (doesn't affect me)

Negatively (worsens my procrastination but, in the end, I am still able to be productive)

Negatively (it inhibits me from completing tasks)

What do you think causes the most stress in your life? *

School

Work

Sports

Home

College

Other: _____

What are your biggest stressors at school?

Difficult classes

Pressure to get certain grades

Social scene (friends, group work, drama etc)

Presentations

What are your biggest stressors at school?

- Difficult classes
- Pressure to get certain grades
- Social scene (friends, group work, drama etc)
- Presentations
- Exams/tests
- Homework
- Student - teacher relationships
- Other: _____

How rigorous is your school schedule?

- Not very rigorous (0-1 honors classes)
- Slightly rigorous (1 AP class/multiple honors)
- Intermediately rigorous (2 AP classes/3+ honors)
- Pretty rigorous (3-4 AP classes)
- Very rigorous (5+ AP classes)

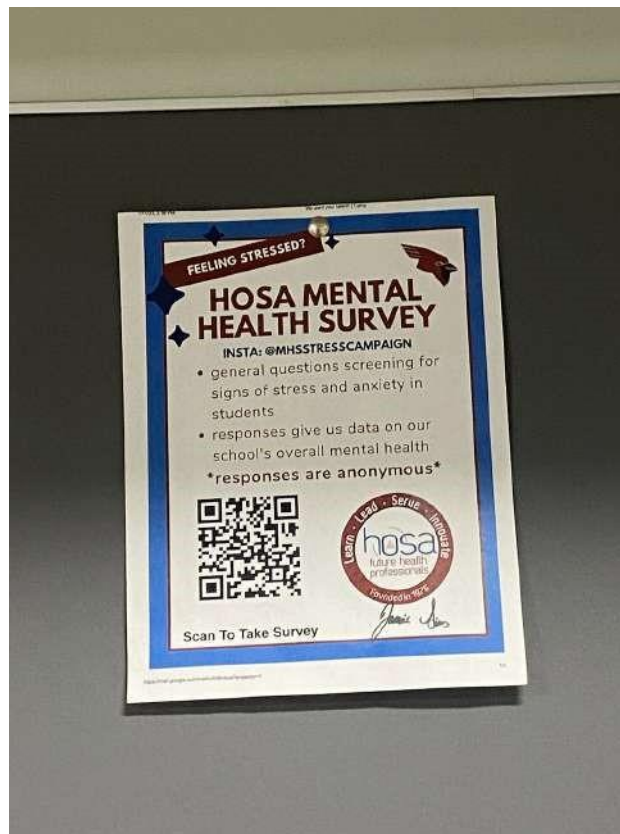
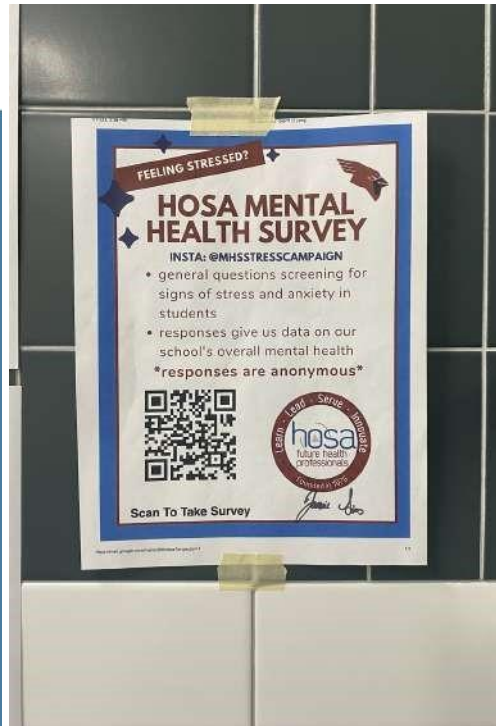
Submit

Clear form

Never submit passwords through Google Forms.

Posters:

In school:



Outside of school/ in our community:



Feeling Stressed? Try These:

1. Talk a walk

Walking allows you to take a break from your stressors and it boosts your mood and confidence by releasing endorphins!

2. Listen to Music

Listening to music helps relieve stress by decreasing blood pressure, decreasing heart rate, and reducing cortisol levels.

3. Stay Organized

Keeping your work and living spaces neat and tidy can help reduce stress levels by lowering cortisol levels and improving sleep!

4. Get Active!

Any form of physical activity that allows you to disconnect from your stressors is a great! Specifically, yoga has been found to improve focus, concentration, and mindfulness!

Want more? Follow us
@mhsstresscampaign on Instagram!



School Announcements:

HOSA Mental Health Promotion Stress Survey

- Responses are anonymous!
- General questions screening for:
 - ◆ Stress
 - ◆ Anxiety
 - ◆ Mental health conditions
- Responses will help identify relationships between:
 - ◆ School
 - ◆ Stress
 - ◆ Anxiety



Scan To Take Survey

★ Follow our instagram
@mhsstresscampaign!



Links:

Linktree (a photo was uploaded): <https://linktr.ee/stresscampaign>

Instagram (photos were also uploaded): <https://www.instagram.com/mhsstresscampaign/>

Reference Page:

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