

Stress Awareness Resource List

Please find below relevant information about what causes stress, the signs and symptoms of stress, and how to cope with stress.

- What causes stress
 - [Catastrophes](#)
 - [Significant life changes](#)
 - [Daily hassles](#)
- Signs and Symptoms of Stress
 - [Headaches](#) and difficulty while sleeping
 - [Aggressive behavior](#)
 - Lack of interest in personal appearance
 - Lack of confidence in personal ability
 - Worthlessness
 - Helplessness
 - [Poor concentration](#)
 - [Addiction](#) and [Self-destructive habits](#)
 - Smoking
 - Drinking
 - Indulging in sweets
 - [Spending money excessively](#)
- How to Cope with Stress
 - Encourage positive thinking, tell yourself you will be alright!
 - Take deep breaths
 - **Bee breathing technique:** Helps destress within 30 seconds. Benefits include reducing fatigue and mental stress. It is great for releasing the mind from anxiety and frustration and helps with anger issues.
 - [Bee Breathing Technique steps](#)
 - [Bee Breathing Technique Guided Video](#)
 - **Diaphragmatic breathing (belly breathing):** This breathing exercise helps strengthen the diaphragm which is an important muscle that helps you breathe. This technique helps lower stress levels, reduces blood pressure, and regulates other bodily processes.
 - [Diaphragmatic Breathing steps](#)
 - [Diaphragmatic Breathing Guided Video](#)
 - Practice [yoga](#) and [meditation](#)
 - Do some drawing

- [Draw a mandala and paint or color it](#)
- Do some coloring
 - [Advanced Online Coloring](#)
 - [Color By Category](#)
 - [Fun And Easy Online Coloring](#)
 - [Coloring For Kids](#)
 - [Print These Out And Have Some Fun](#)
- Do some arts and crafts
 - Origami
 - [Moving Flexagon](#)
 - [How To Make Butterflies](#)
 - [Challenging Infinity Cube](#)
 - [Challenging Origami Ninja Star](#)
 - Construction paper cutouts
 - [Matisse Paper Cutouts](#)
 - [Flower Cutouts](#)
 - [Paper Cutting Designs](#)
 - [Snowflakes](#)
 - [Paper Chains](#)
- Make a [stress ball](#) or [play dough](#)
- Play some relaxing games
 - [Online Stress Relief Games](#)
 - [Online Board Games](#)
 - [Personal Zen App](#) (would need a subscription and is only available for apple devices).
 - [Online Tetris](#)
 - [9 Stress Relief Games](#)
- Write down a [self-reflection](#)
 - [Value of a self-reflection](#)
- Cook
 - [Great Cooking Recipes](#)
 - [4 Meals Anyone Can Make](#)
 - [Gordon Ramsay Basic Cooking Skills Ultimate](#)
 - [How To Master 5 Basic Cooking Skills](#)
 - [Mistakes Most Beginners Make](#)
- [Sing](#)
 - [Singing lesson](#)
- Dance
 - [How to moonwalk](#)
- Learn how to play an instrument

- [Piano For Beginners](#)
- [Useful Piano Exercises](#)
- [Guitar For Beginners](#)
- [Guitar Finger Picking For Beginners](#)
- [Violin Lessons](#)
- Listen to music
- Learn a new language
 - Try language apps like [Memrise](#), [Duolingo](#), and [HelloTalk](#) which is a great way to speak to natives of the language you are interested in learning and in turn teach the natives English or any language you know.
 - [Japanese Lessons](#)
 - [Korean Lessons](#)
 - [Arabic Lessons](#)
 - [Spanish Lessons](#)
 - [French Lessons](#)
 - [Chinese lessons](#)
- Watch a documentary
- Read a book
- Clean and organize room
- Get enough sleep
- Take a break from social media
- Set a goal