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

  o Listen to music
  o 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

  o Watch a documentary
  o Read a book
  o Clean and organize room
  o Get enough sleep
  o Take a break from social media
  o Set a goal