



# STRESS

- Stress is a reaction that occurs when we are experiencing more than we think we can handle.
  - There is positive and negative stress.
    - Positive stress may occur when we are excited about a new opportunity and motivated to perform a task or meet a goal.
    - Negative stress is when we face something that feels overwhelming and we don't feel we are able to handle it.
  - COVID 19 can be a source of stress as you don't know who it will affect and how your life will be impacted. During this pandemic, it will be very important to do a stress check to see how you are doing and if you need to take action to manage your stress or seek support from a trusted person.
  - Our brain, body, behavior, and big feelings give us “clues” or signals if we are experiencing stress.
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