

# Know Your Feelings:

## Stress vs. Anxiety



*What is stress? What is anxiety? How can you cope with your feelings? We've created this handy guide for Middle and High School students and their parents to discuss these important topics.*

### STRESS

**What is stress?** Stress is what you feel when you are worried or uncomfortable about something happening in your life.

**What types of things cause stress?** Stress can be caused by events, responsibilities, or relationships. These are called stressors.

**Some things teens stress about are:**

- Feeling overwhelmed by schoolwork
- Doing something new for the first time
- Running late for school
- Peer pressure and bullying
- Relationship issues
- Having too much on their plate

After the stressful event is over or fixed, stress usually goes away.

### ANXIETY

**What is anxiety?** Anxiety is when you feel very worried, scared, or uncomfortable about something, but there doesn't seem to be a reason for why you feel this way. Anxiety doesn't go away, it can feel like it is always there.

**What types of things cause anxiety?** Anxiety comes from feelings inside you about stress and fears.

**Anxiety is different for each person and may:**

- Come from nowhere
- Start to happen after something scary or sad happened, like a car crash
- Run in families
- Be about a certain event, such as a traumatic experience

Anxiety does not always go away and can last for a long time.

### FAST FACT: There is Good Stress & Bad Stress

Stress can be good for you. When you are about to take a big test, you may get sweaty hands or butterflies in your stomach.

# STRESS

**Bad Stress** Too much stress or stress that goes on for a long time can be bad for you. If you don't manage bad stress, it can make you feel sick or even cause anxiety.

## Both bad stress and anxiety can make you feel

- Upset
- Nervous
- Afraid
- Overwhelmed

## Bad stress and anxiety can also make your body feel bad. Some people feel:

- Stomachaches
- Headaches
- Not hungry
- Unable to sleep or sleepy all the time
- Trouble concentrating

## What you can do about stress:

- Eat a healthy diet
- Take a walk
- Get plenty of sleep
- Talk about your feelings with a friend
- Do breathing exercises
- Write down your feelings
- Give yourself a break
- Play a game, sing a song, or try something creative

# ANXIETY

**Anxiety** Many people with anxiety feel worried and scared all day long for weeks, months, or even years. Anxiety can get in the way of life.

## Anxiety can also make you feel

- Hopeless
- Terrified
- Panicked
- Sad

## Anxiety can also make your body feel:

- Racing heart
- Hot & Sweaty
- Out of breath
- Dizzy or Shaky

## What you can do about anxiety:

- Let your parents know how you feel
- Talk to an adult you trust, like a teacher, school nurse, or family member
- Ask if you can see a counselor or therapist
- Ask a doctor or Hazel for help

