

SEL NEWSLETTER

STRESS MANAGEMENT

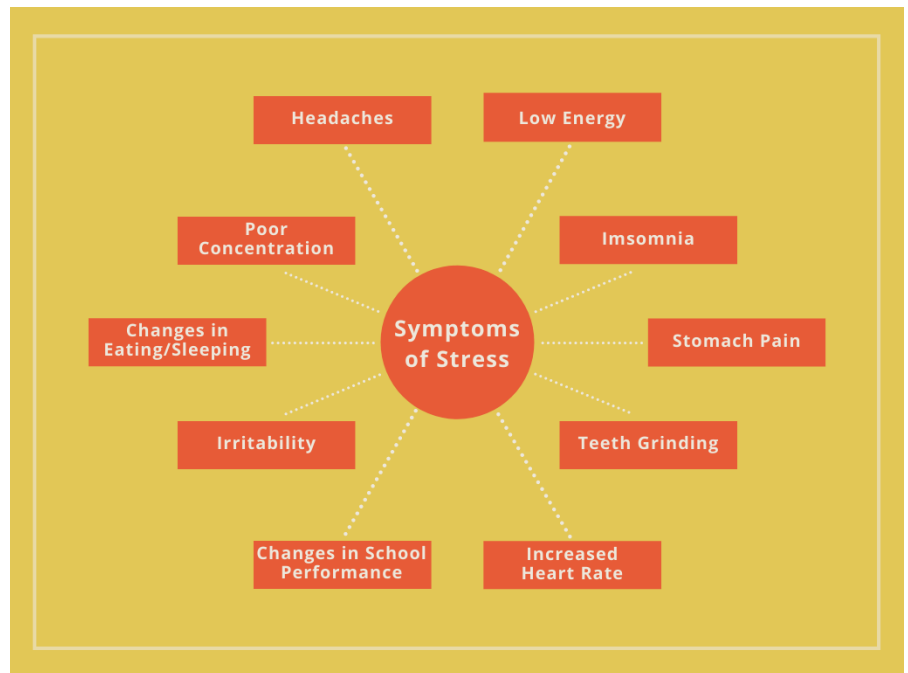
What is Stress?

According to the American Institute of Stress, stress can be defined as “physical, mental or emotional strain or tension” or “a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual has to mobilize.” But not all stress is bad.

Types of Stress:

Eustress – Healthy amount of stress that pushes us to our optimal performance level such as when getting ready for a recital, test, or performance. Stress in daily life that has positive connotations such as: graduation, marriage, promotion, winning, new friends, etc.

Distress - Stress in daily life that has negative connotations such as: divorce, punishment, injury, negative feelings, financial problems, work/school difficulties, etc.



Stress Resources:

- [Video: What is Stress?](#)
- [Stress Management Tips](#)
 - [Stress Management](#)
- [Dealing with Tough Situations](#)
- [MVUSD Virtual Calming Space](#)

Stress Management Apps:

- [Personal Zen](#)
 - [Happify](#)
 - [Pacifica](#)
- [SuperBetter](#)