

# Are you STRESSED?

## What you can do:

Take care of your physical self.



Know the triggers and causes of your stress.



Identify and feel your feelings.



Have realistic expectations of yourself and others



Believe in yourself.



Focus forward.



Take a break, relax and unwind.



Connect with others.



Identify coping skills and distractions



Recognize when you need help.



Communicate your feelings to supportive people.



## How you will do this:

YOUR Life YOUR Voice

[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)