

TOUGH TALK TOOLKIT



MANAGING STRESS

If you notice *several* of the responses listed on the right, you're likely **overloaded**. It's time to stop what you're doing and explore options to lower your stress level.



BODY

- Heart rate increase
- Tight chest
- Temperature change
- Stomach disturbance
- Headache

MIND

- Difficulty concentrating
- Attention narrowing
- Constant mind chatter
- Circular thinking
- Scattered thoughts

DID YOU KNOW?



Stress (or anxiety) is a physical and mental response to perceived threat, or a demand that is beyond your immediate capability. Stress can improve your performance when your mind and body are preparing to engage with something challenging. However, once your stress level reaches a certain point, your performance begins to decrease.

The experiences listed can be viewed as signals to consider what situations in your life are triggering stress. You may need a break - taking some time for yourself is highly beneficial for your health as maintaining low stress supports your immune system. If you can't take a break right away, try taking 5 seconds to breath, go for a walk in nature, or ask for support.