

**Zine Project**

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# Stress

Stress is the bodies natural  
reaction to a physical or  
emotional pressure.

# Effects and Symptoms of Stress

Stress can cause

- Increased blood pressure
- Increased heart rate/BPM
- Headaches/Migraines
- Having a lack of energy
- Isolating from others
- Overthinking things

# Managing stress and coping

1. To cope with stress, depending on what kind of stress you have, it may be beneficial to do some sort of grounding exercise, and focus on the moment.
2. Try and focus on good, positive things in your life that would help you feel better.
3. Do something for yourself, or some sort of activity that makes you happy.

## **Get some help:**

988 - Federal Suicide Prevention Hotline

211 - State Suicide Prevention Hotline

(203) 974-7300 - Mobile Crisis Hotline