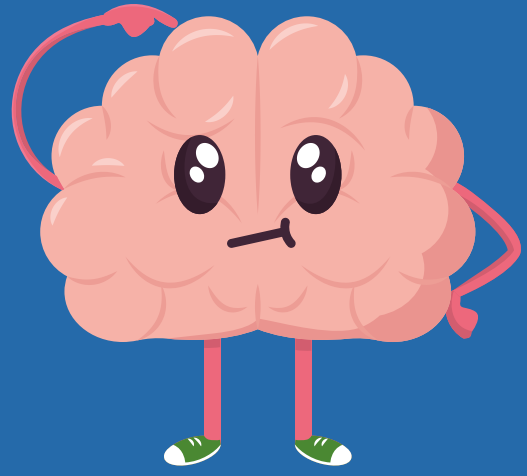


Stress and Anxiety: strategies for students





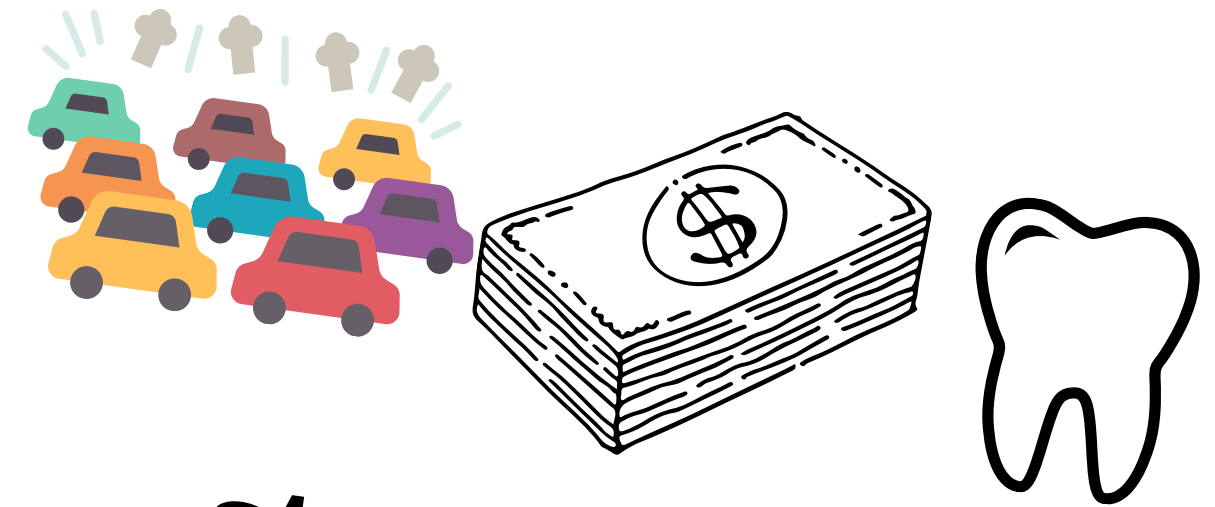
True or false



Stress is an emotion.



FALSE

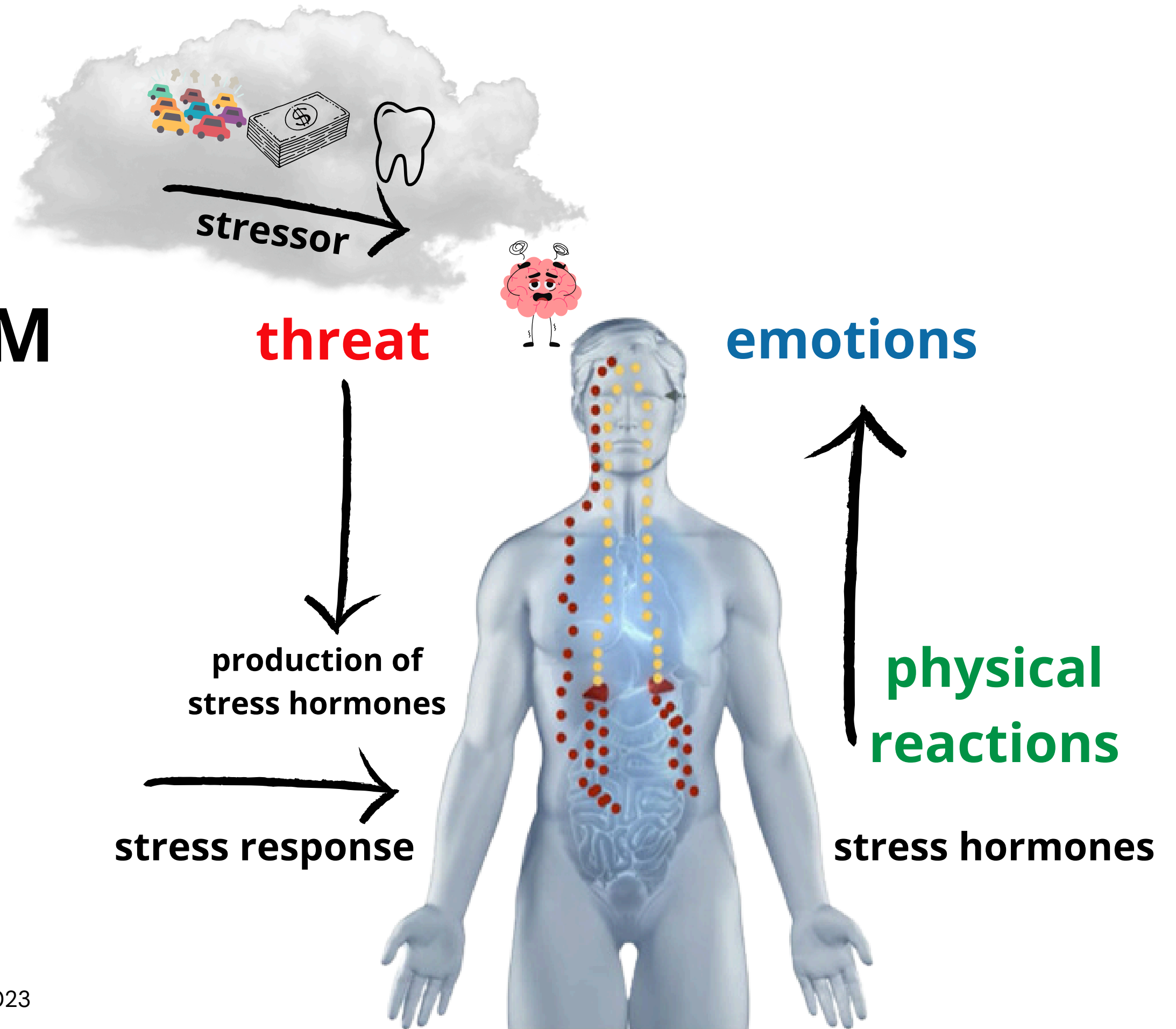


stress factor

- Stress generates emotions, but it is not an emotion.
- Stress is a biological response of the body to an environmental threat perceived as such by the brain.
- Stress is our alarm system!

IT'S AN ALARM SYSTEM

Stress is a biological response of the body to a **threat** from the environment that has been perceived as such by the brain.



WHAT IS STRESS?

Stress is a universal and necessary reaction of human beings. It is an alarm signal that leads the individual to mobilize to adapt and survive.

We react to a stressful situation by:

- Freezing
- Fighting
- Fleeing

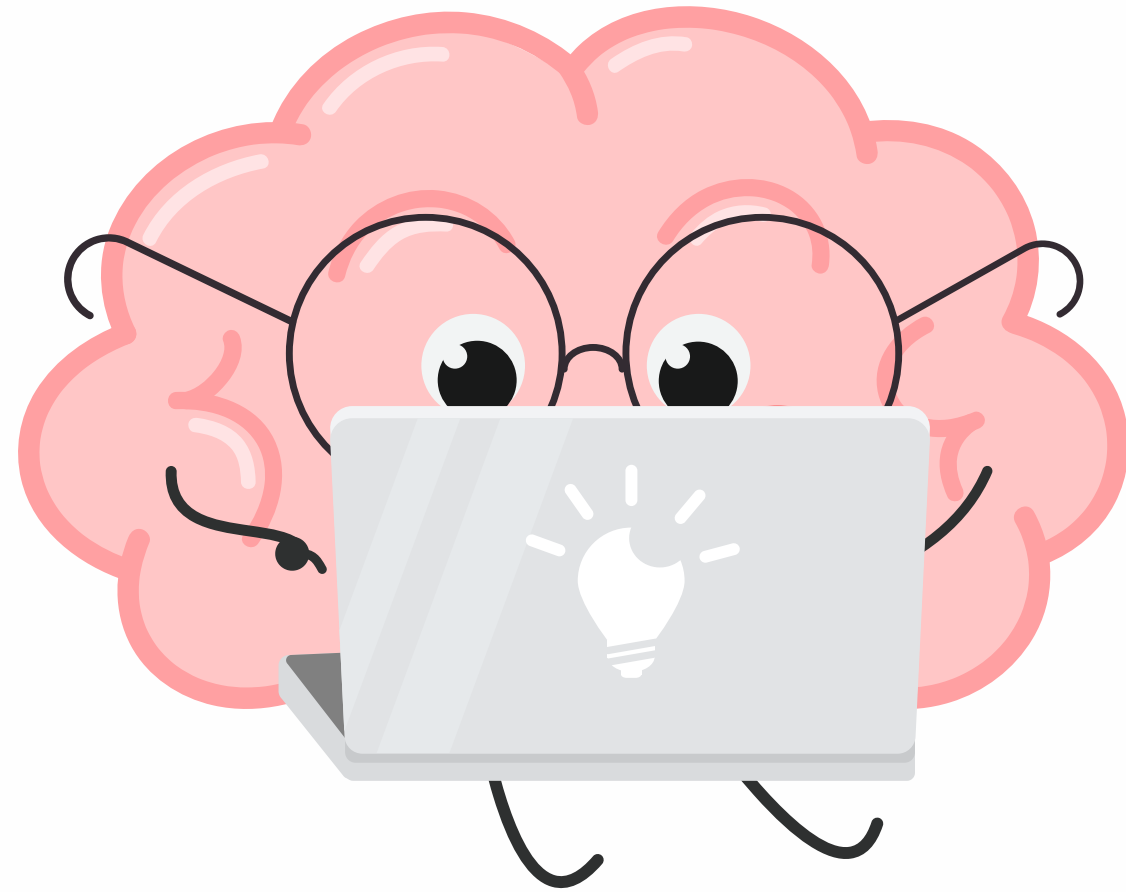


When the stressful situation ends, the alarm system turns off and the stress felt dissipates.

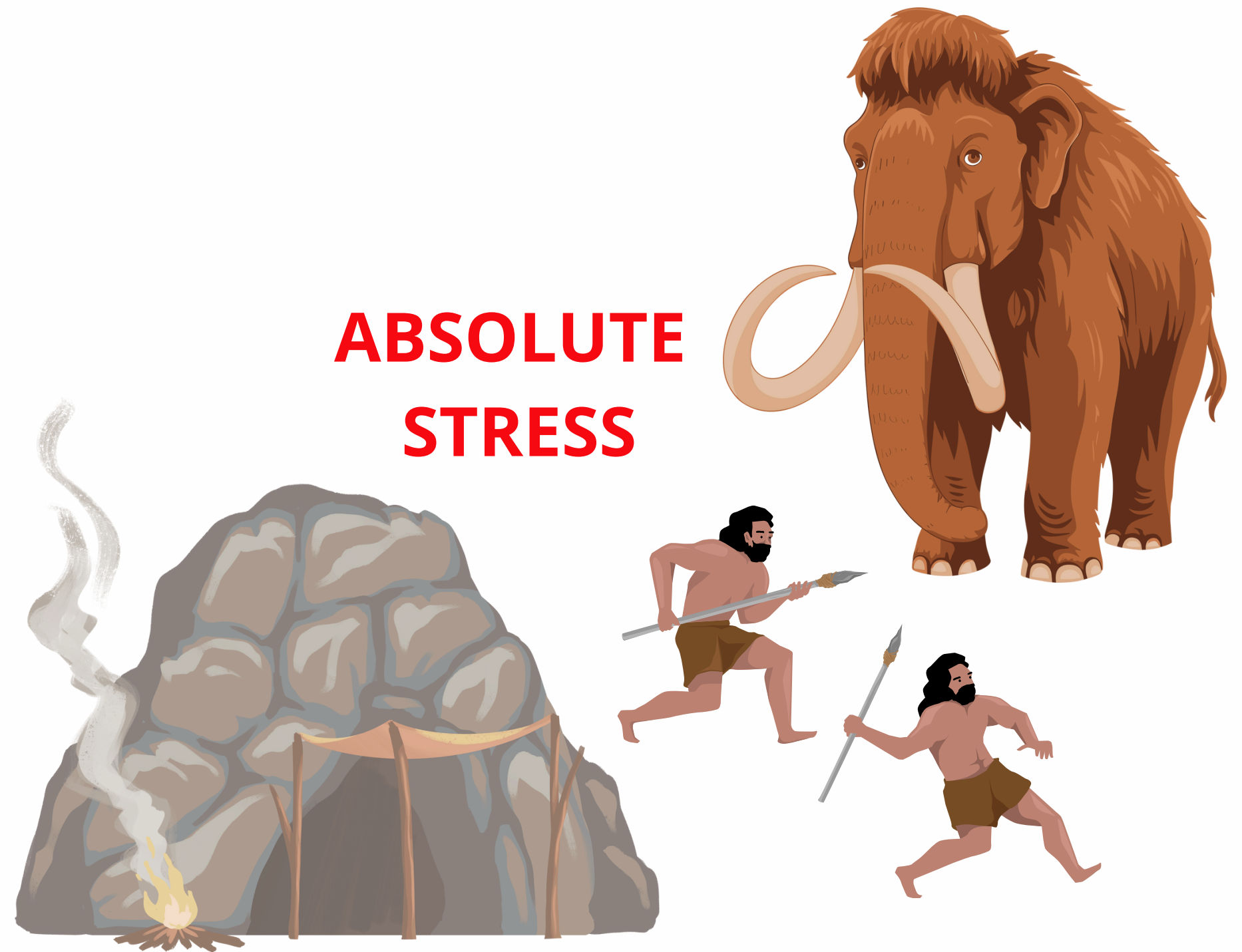
Stress is caused by an event with characteristics related to **NUTS**.

Source: Lupien, S., 2020

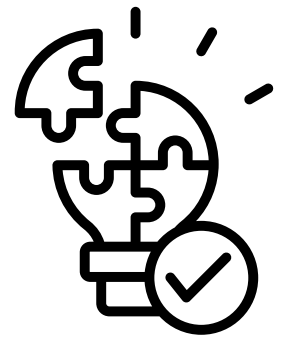
OUR BRAIN IS STILL HUNTING MAMMOTHS



**RELATIVE
STRESS**



**ABSOLUTE
STRESS**



STRATEGY 2: STRESS INGREDIENTS

- **Novelty:** New things can be scary, but they help you grow.
- **Unpredictability:** The unknown is stressful, but it builds resilience.
- **Threat to the Ego:** Mistakes don't define your worth.
- **Sense of Control:** Focus on what you can control.

STRESS INGREDIENTS

N NOVELTY
Something new you have not experienced before

U UNPREDICTABILITY
Something you had no way of knowing it would occur

T THREAT TO THE EGO
Your competence as a person is called into question

S SENSE OF CONTROL
You feel you have little or no control over the situation

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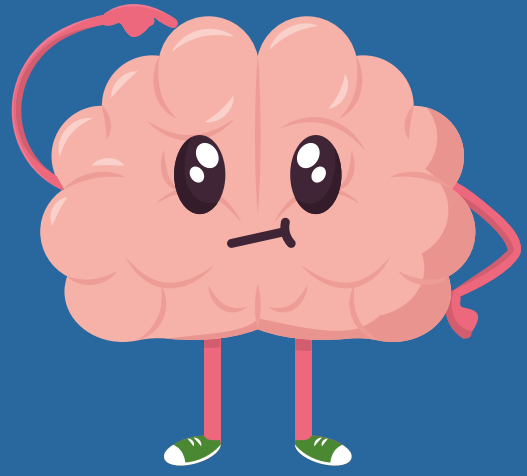
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You only need **one** of these to trigger stress!

The **more** ingredients = the **more** stress



To learn more about Dr. Sonia Lupien's work

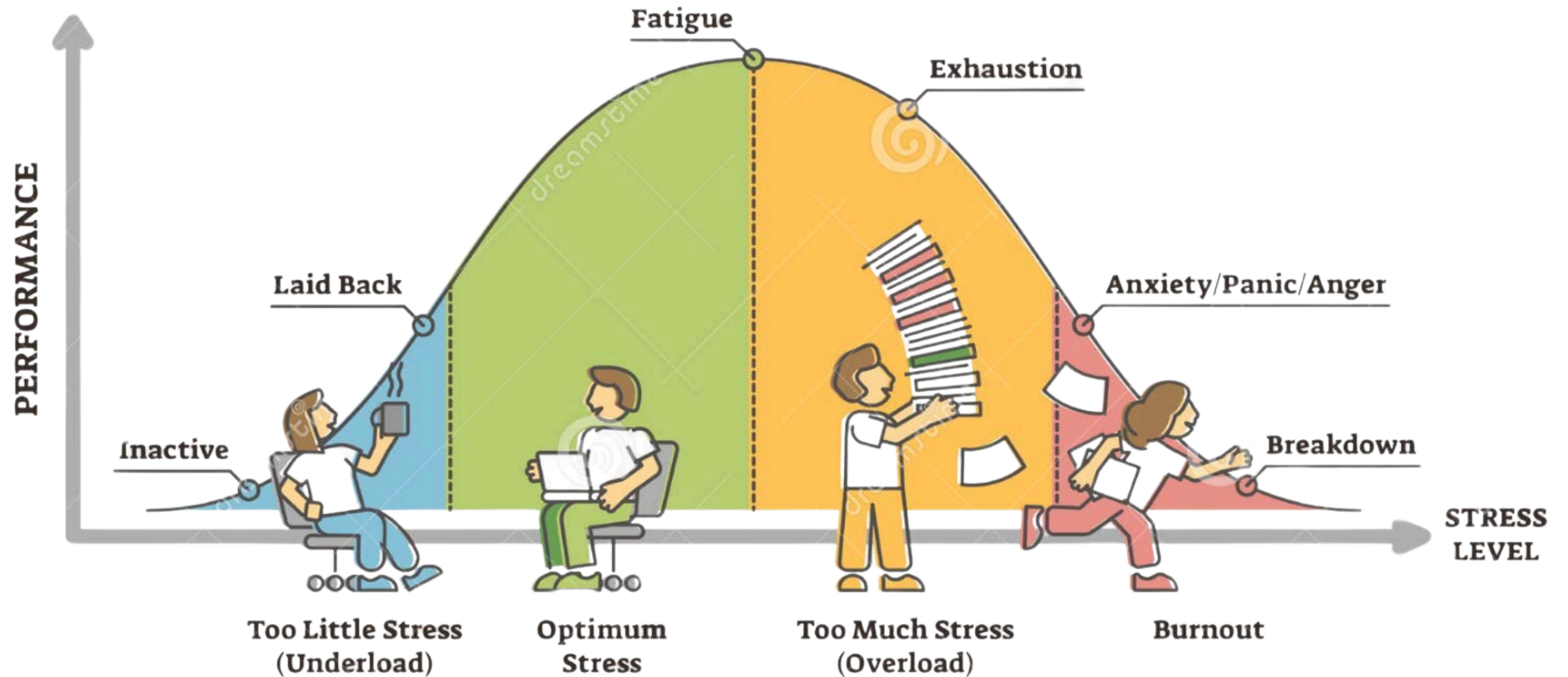


True or false



Is stress good at school?

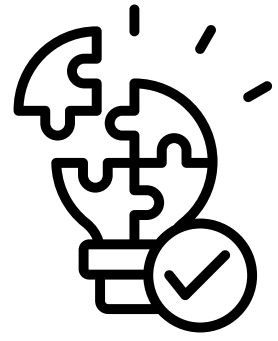
STRESS CURVE



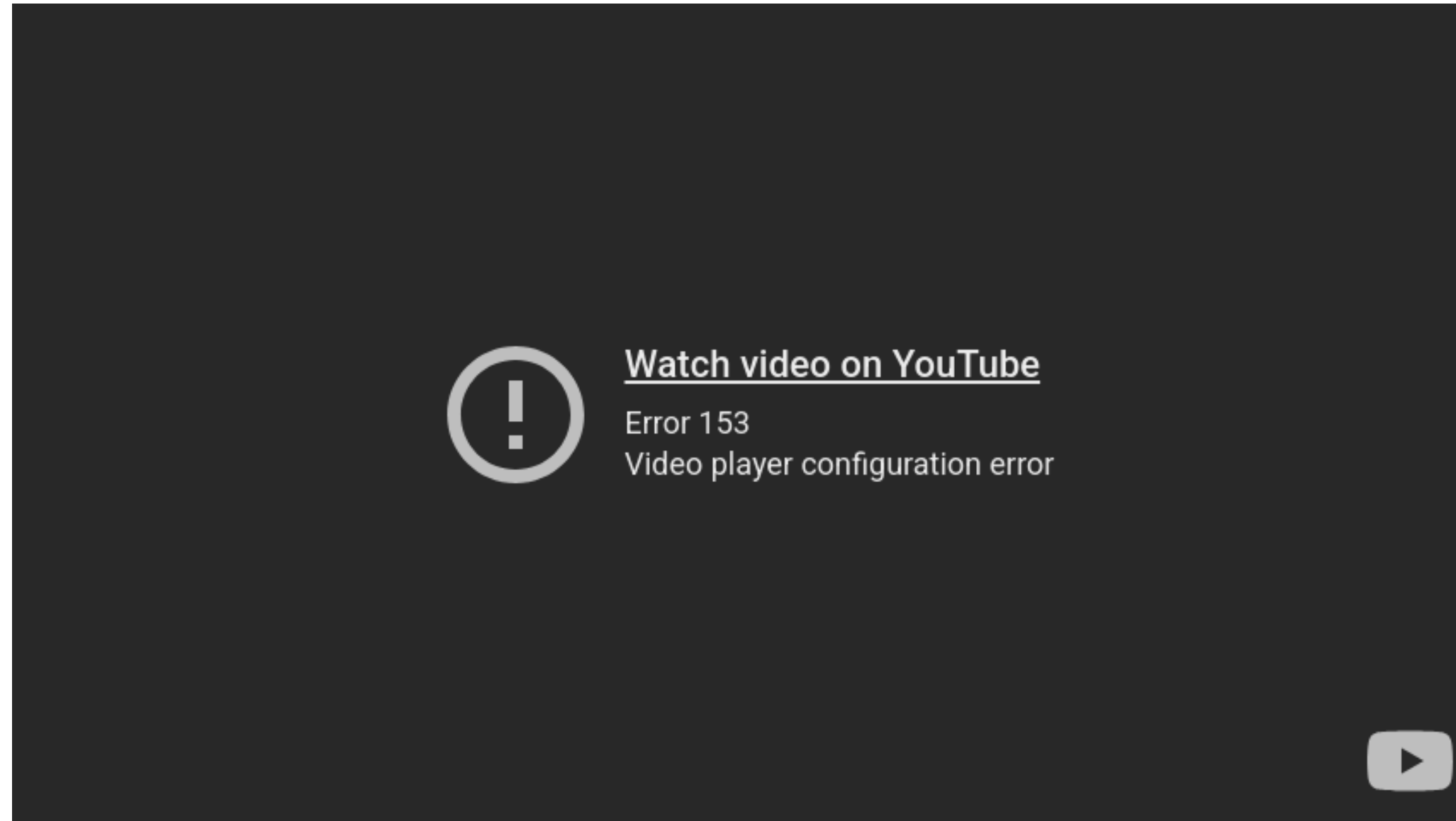
STRESS... GOOD OR BAD?



- In reasonable amounts, stress can increase our performance.
- A lack of stress or too little stress can lead us to not react sufficiently, to decrease our energy or to not perceive danger.
- Conversely, too much stress can harm our performance.



STRATEGY: BELLY BREATHING



<https://www.youtube.com/watch?v=OXjIR4mXxSk&t=9s>

SIGNS OF STRESS

Physical reactions

- Headaches
- Stomach aches
- Transpiration
- Increased heart rate

Behavioral reactions

- Isolation
- Poor diet (too little or too much food, junk food)
- Poor sleep
- Absenteeism
- Impatience (words and gestures)

Emotional reactions

- Anger
- Fear
- Irritability
- Depression

Cognitive reactions

- Difficulty concentrating
- Memory problem
- Anxiety
- Loss of interest
- To feel overwhelmed, swamped
- Angoisse

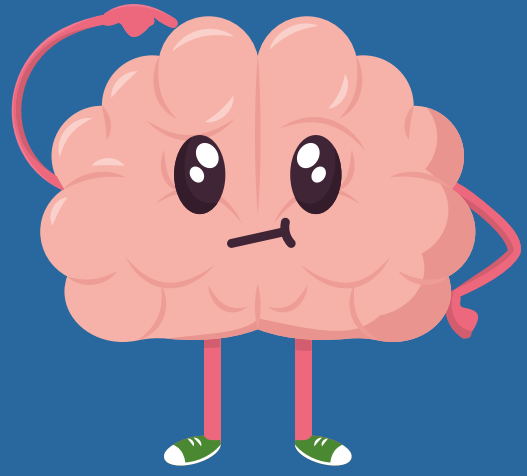
SOLUTIONS

- Take action
- Engage in physical activity
- Listen to music that calms you down
- Talk to someone about your stress, seek support
- To meditate
- Laugh with your friends.
- Watch a TV show you like
- To draw, to paint, to sculpt, to create
- Walking, going into nature
- Practice breathing or visualization techniques
- Take a step back, put things into perspective
- To speak to you positively, with compassion and kindness

(Lupien, 2019; Marchand et al., 2018)

THE FEAR OF BEING AFRAID... WHEN ANXIETY TAKES OVER!



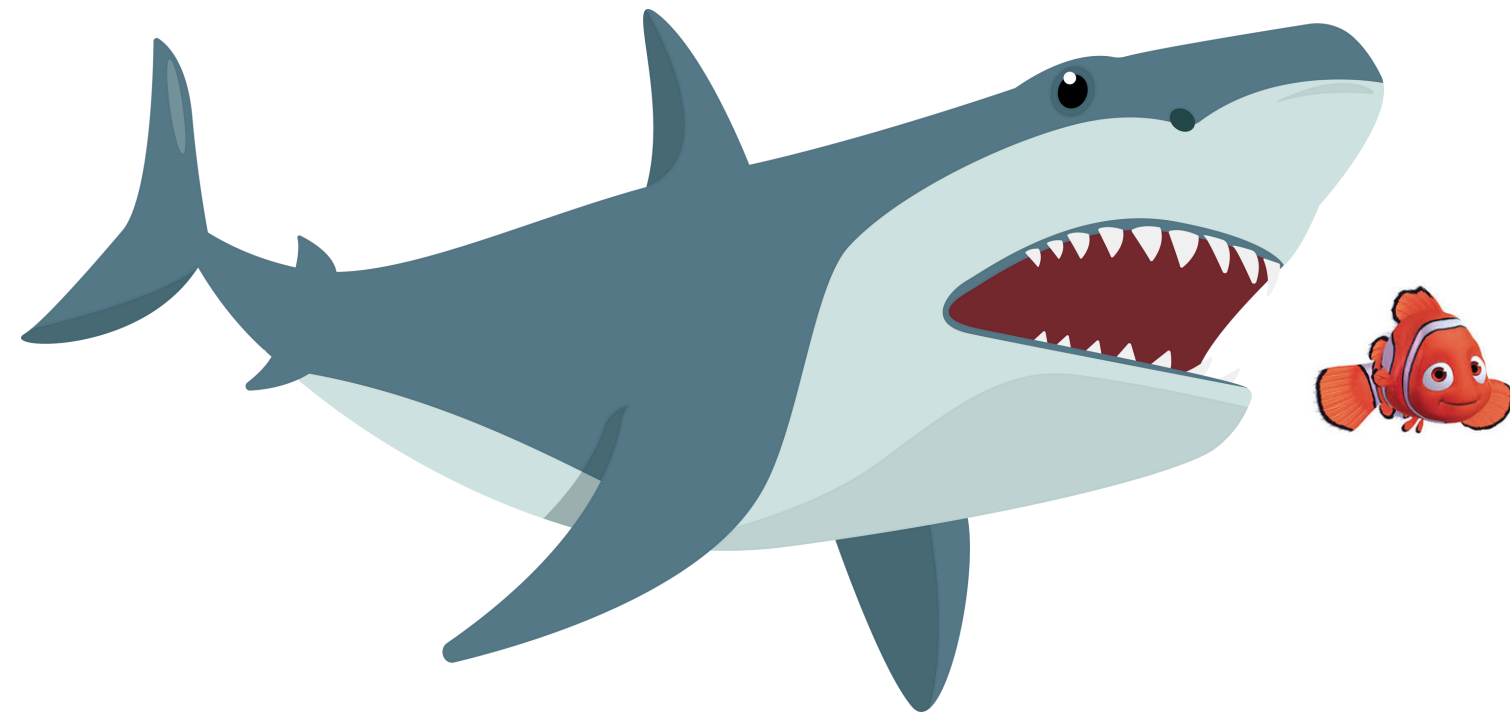


True or false

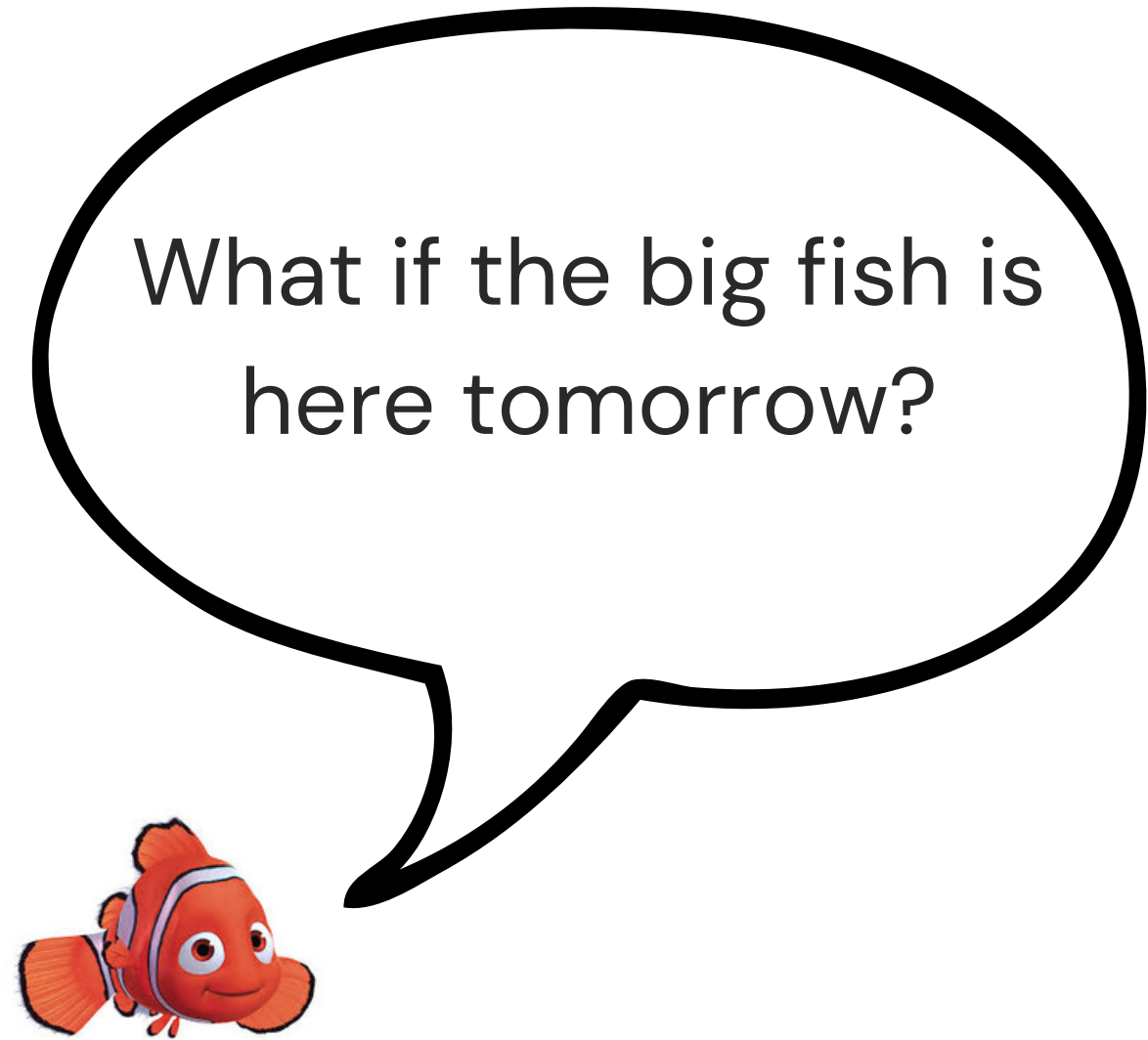


**Are stress and anxiety the
same thing?**

STRESS VS ANXIETY: WHAT'S THE DIFFERENCE?



ABSOLUTE STRESS



ANXIETY

WHAT IS ANXIETY?

- Anxiety arises from the anticipation of a situation.
- This situation does not need to be real to trigger an anxiety response. It is a tendency to create disaster scenarios and to be afraid of things that have not yet happened.

Anxiety is the fear of being afraid!

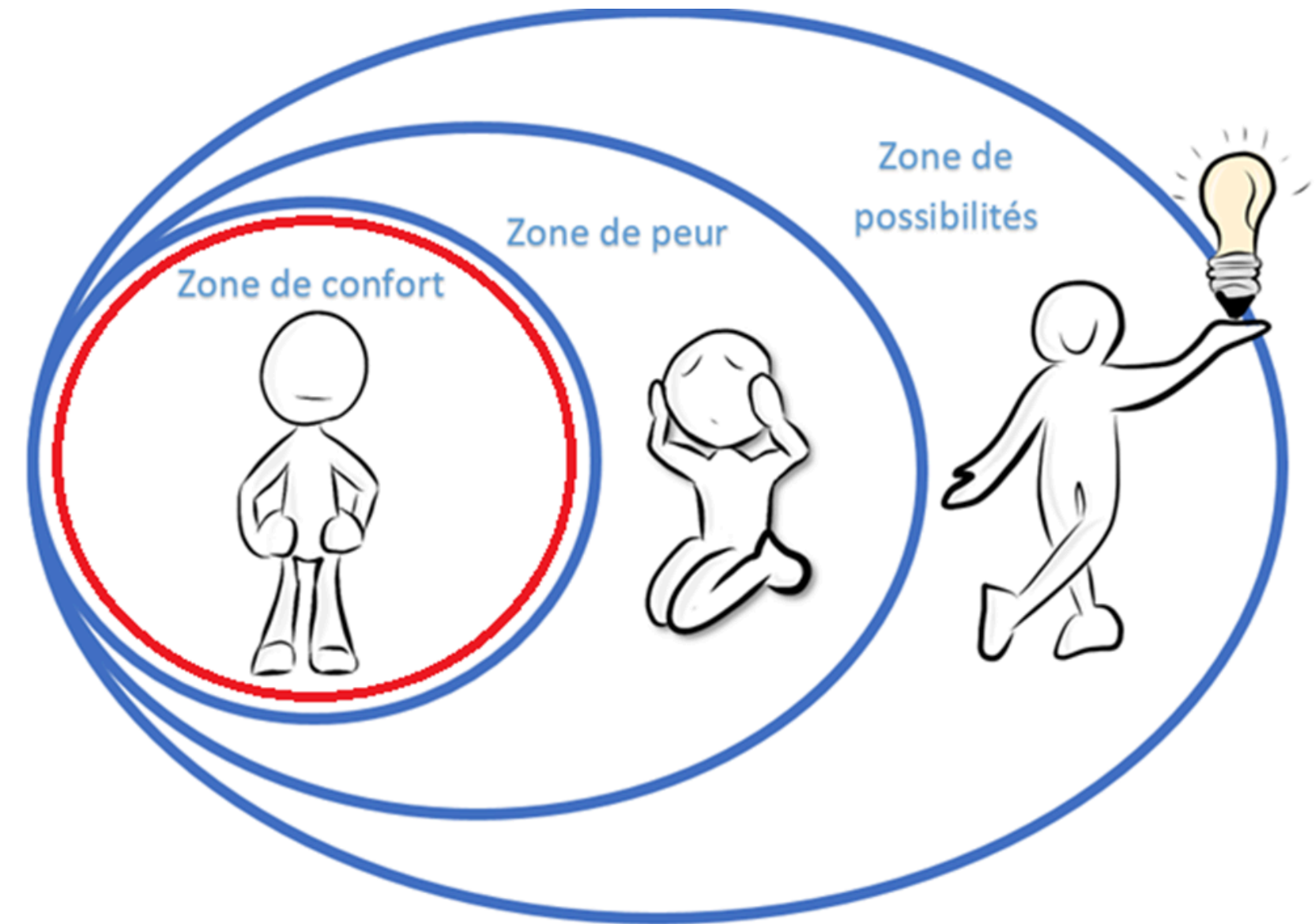
- Anxiety is problematic when it reduces quality of life and performance, is persistent, and creates panic attacks.

Lupien, S., 2020



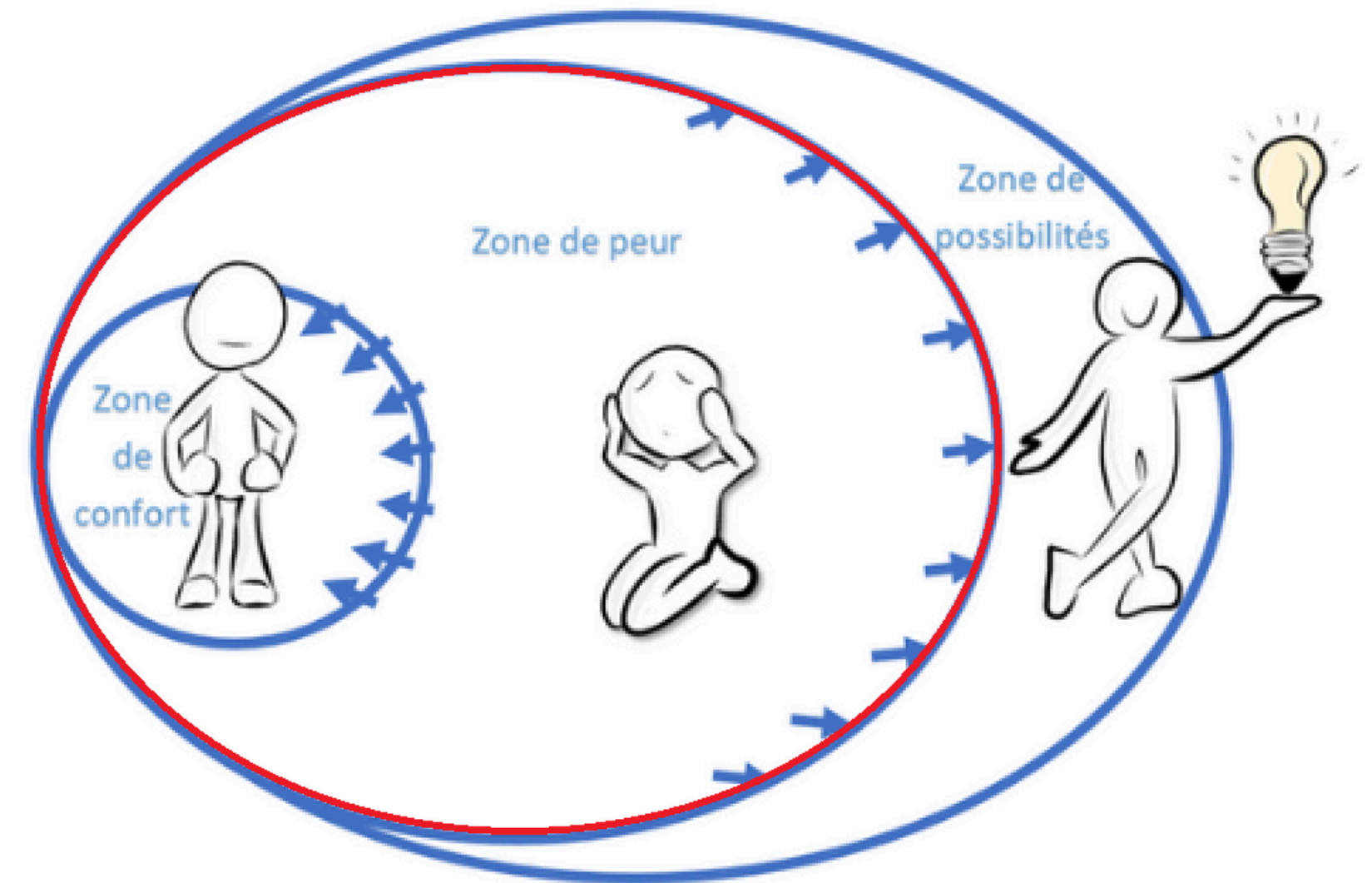
CONFORT ZONE

- The comfort zone is where a person feels good or is on familiar ground.
- These are situations where they know how to react and where they feel at ease.



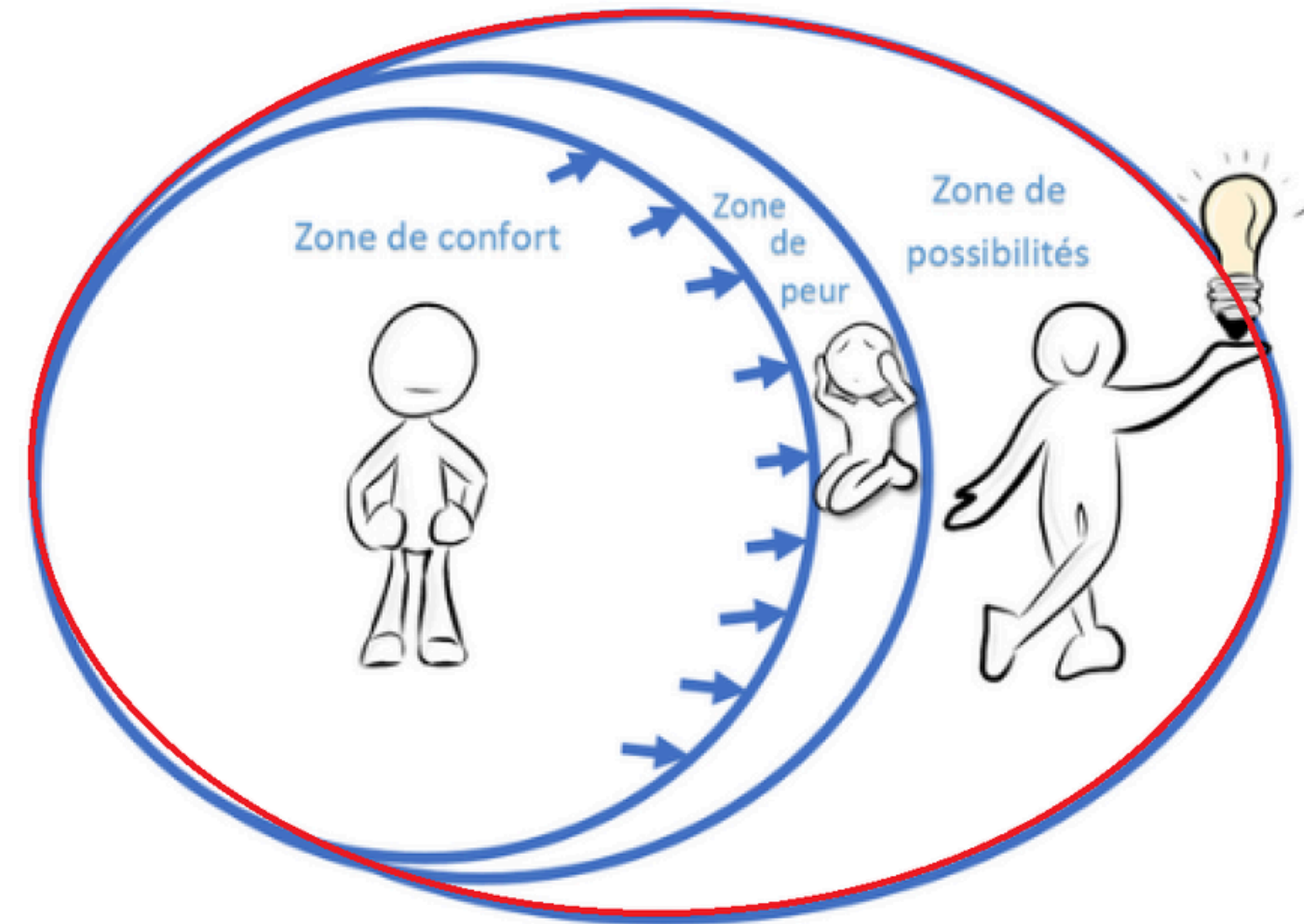
FEAR ZONE

- To succeed in expanding their comfort zone, a person must go through their fear zone.
- To avoid fear, they may tend to retreat safely back into their comfort zone.
- The more they avoid fear, the more their comfort zone shrinks, and the more their fear zone grows.
- When a person has many fears or feels anxious, their comfort zone can become very small.

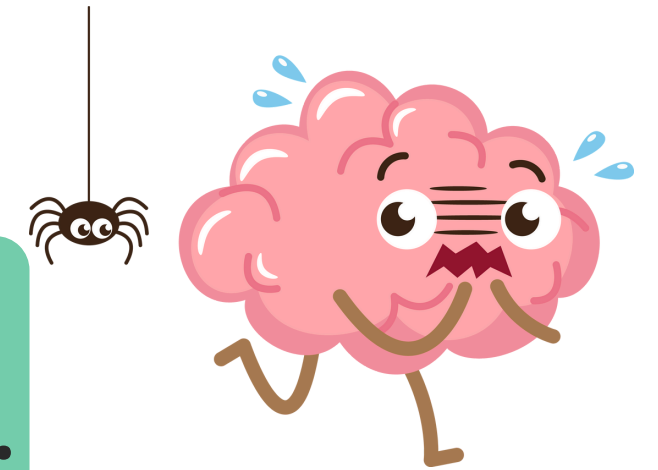


ZONE OF POSSIBILITIES

- The more a person manages to face their fears, the more their comfort zone will expand and their fear zone will shrink.
- They will then be able to discover a world of possibilities.

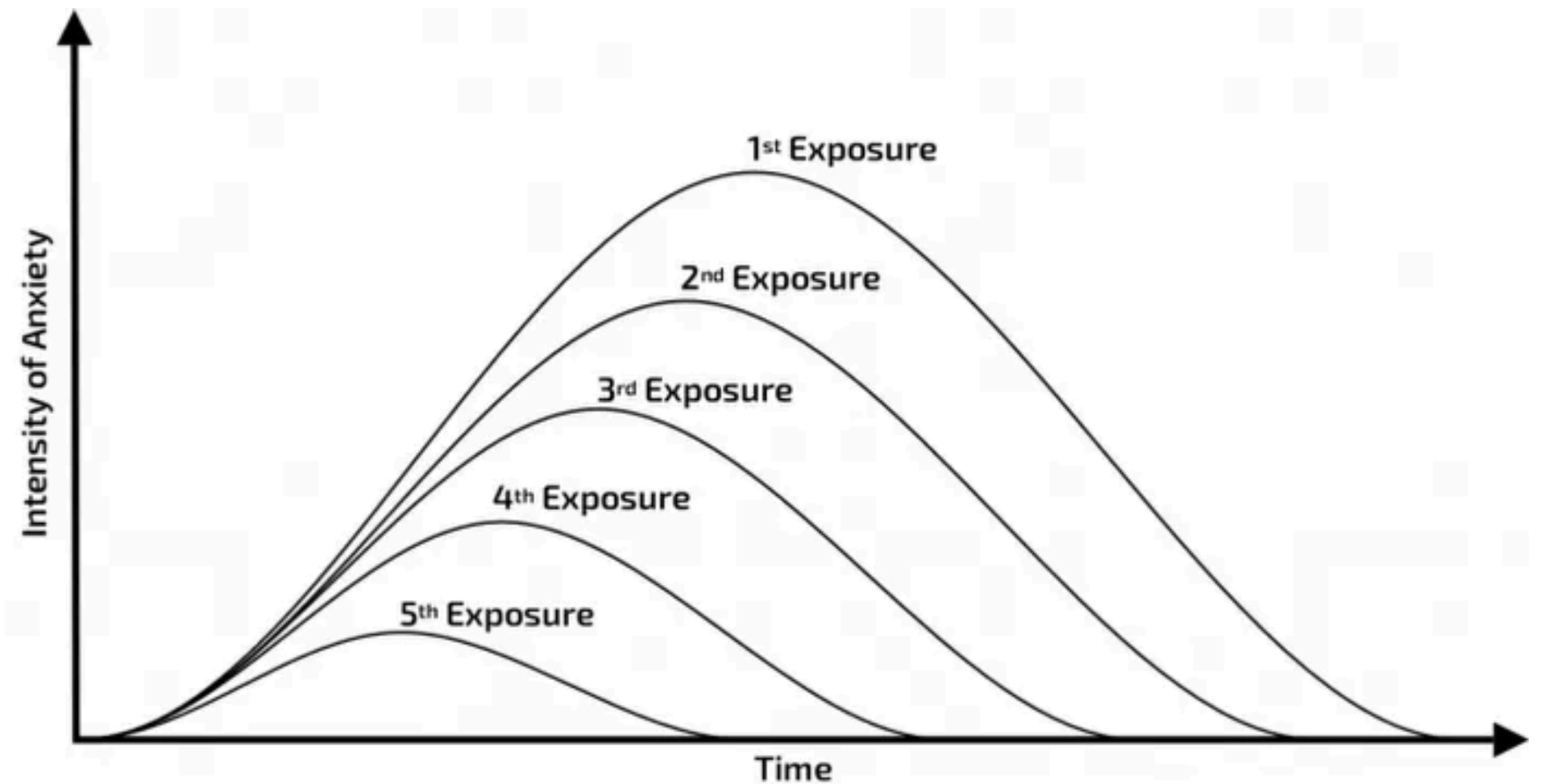


AVOIDANCE IS ANXIETY'S BEST FRIEND

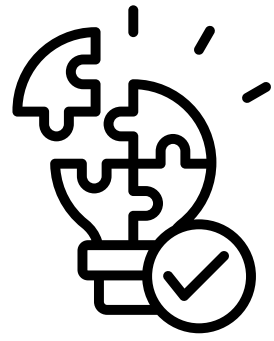


Avoidance is anxiety's best friend, the more we avoid, the stronger fear becomes, and the smaller our comfort zone gets.

- It's a common behaviour to use avoidance when anxiety strikes, because it can lead to immediate relief.
- But avoidance can also generate unwanted emotions such as guilt, shame, and sadness.



The more we face our fears, the more they will diminish and even disappear.



STRATEGY 3: THE IMPORTANCE OF SMALL STEPS

EVERY SMALL STEP SHOULD BE ENCOURAGED.

- To help yourself move through your fear zone, you need to set REALISTIC challenges.
- Successfully completing these challenges will give you confidence for the next steps.



Moving Forward with Small Steps

FOSTERING SMALL STEPS



WHICH QUESTION RESONATES MOST WITH YOU?



What is the smallest step I could take to move forward in this situation?

What simple action could make me feel like I'm making progress?




What can I do today, even if it's just for a few minutes, to help me move forward?


What steps feel achievable right now?



How can I celebrate each small step I take to reinforce my confidence?

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STRATEGIES TO COPE WITH YOUR ANXIETY!

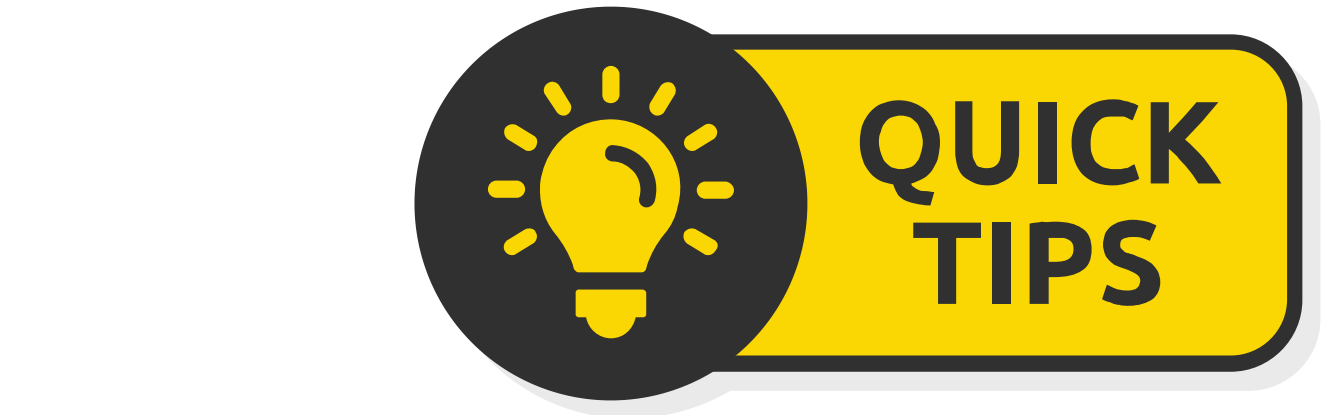
- Adopting healthy lifestyle habits
- Recognize your physical sensations and the first signs of anxiety
- Learning to see things differently
- Use strategies to cope with your emotions
- Confront anxiety-provoking situations instead of avoiding them
- Accepting to step outside your comfort zone

Use concrete methods to calm yourself when facing a stressful situation:

- Engage in physical activity
- Talking to someone about your stress
- Laugh with your friends
- To draw, to paint, to sculpt, to create
- Do a mindfulness exercise

- Maintain quality relationships!

QUICK TIPS TO REMEMBER



- Breathe deeply to calm your body.
- Take small steps instead of big leaps.
- Move your body to release stress.
- Use positive self-talk to stay confident.
- Focus on what you control and let go of the rest.
- Rest and recharge with short breaks.

One powerful strategy to manage stress is to focus on small, realistic actions.

Start by breathing deeply to calm your body, then take one step at a time instead of trying to do everything at once.

Moving your body and using positive self-talk can boost your energy and confidence.

Remember to focus on what you can control and give yourself permission to rest—every small action helps you feel stronger and more in control.



INGREDIENTS

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Something new you have not experienced before

U UNPREDICTABILITY

Something you had no way of knowing it would occur

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