

Stress Awareness

Stress is a normal reaction to everyday pressures, but can become unhealthy when it upsets your day-to-day functioning. Stress involves changes affecting nearly every system of the body, influencing how people feel and behave.¹

Stress vs. Anxiety²

Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative.
 - For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

- Both stress and anxiety can affect your mind and body. You may experience symptoms such as:
 - Excessive worry
 - Uneasiness
 - Tension
 - Headaches or body pain
 - High blood pressure
 - Loss of sleep

Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

What you can do to support yourself if you are experiencing stress:^{3, 4}

- Recognize your signs of stress
- Take care of your body:
 - Eat healthily
 - Get enough sleep
 - Move more, sit less
- Connect with your social supports
- Limit your consumption of news and social media
- Identify and challenge your negative and unhelpful thoughts.
- Speak to a mental health or medical professional

Take a 16 item stress screener. If you feel like you need support, speak with a BC Counselor.



24/7 Crisis Support

If you or someone you know is experiencing a crisis, these resources can offer assistance:

- **Crisis Connections:** Free 24-hour crisis support via phone. Call 988.
- **Crisis Text Line:** Free 24-hour crisis support via text message. Text “HOME” to 741741.

Bellevue College Resources

- Bellevue College’s Counseling Center offers free and confidential mental health services to students. Visit our website to learn more, access resources, or to schedule an appointment.
- Drop-in crisis counseling services are available Mon-Fri from 9 am to 4 pm in U201 for students who identify as being in imminent harm to themselves or others or are in high emotional distress.



1: <https://www.apa.org/topics/stress>
2: <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>
3: <https://www.cdc.gov/mental-health/living-with/>
4: <https://orwh.od.nih.gov/in-the-spotlight/all-articles/7-steps-manage-stress-and-build-resilience>