JACS TORONTO
COURAGE 2 CHANGE

DEALING WITH STRESS

WHAT IS COURAGE 2 CHANGE?

Courage 2 Change (C2C) is a student mental health program created by JACS Toronto, offering educational workshops, a student ambassador program, individual counselling, and a tailored support group for post-secondary students.

STRESS: (NOUN)

Stress can manifest in many ways, including stressful times and events in your life. They can be tolerable in short doses, but can easily become toxic. This Courage2Change resource helps demystify tolerable and toxic stress, how to spot the difference, and how to cope.

STRESS CAN BE DIVIDED INTO TWO CATEGORIES:

TOLERABLE STRESS

Tolerable stress is a necessary and inevitable part of life.

Stress can be a motivating tool that helps us:

- Get up for school each day
- Complete assignments
- Maintain relationships
- Ensure we are on time
- Keep us on top of our tasks
- Create and stick to goals

TOXIC STRESS

Toxic Stress affects your daily functioning.

Toxic Stress has long-term mental and physical health effects like:

- Intestinal disruptions
- Sleep disturbances
- Weakened immune system
- Heightened hormones
- Difficulty focusing

THERE IS NO ONE CAUSE OF STRESS

As a student, you're well aware of the multitude of daily stressors you encounter. Please indicate some of those stressors you personally face by selecting from the list below:

What am I stressed about?

- ☐ balancing your work and studies
- ☐ living alone for the first time
- ☐ adjusting to new environments
- ☐ maintaining healthy relationships
- ☐ coping with expectations
- ☐ managing heavy workloads
- ☐ meeting deadlines
- ☐ choosing a major or minor
- ☐ planning for the future
- ☐ finding a summer job

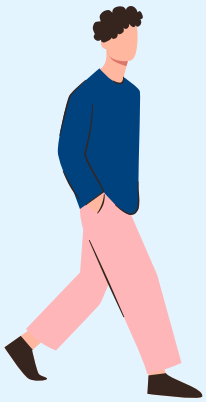
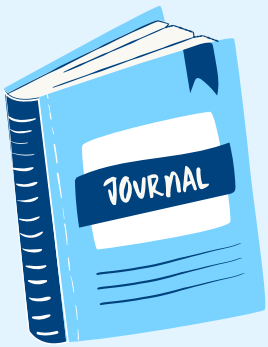
SIGNS AND SYMPTOMS OF STRESS

Stress can take on diverse manifestations. Here are several typical signs and symptoms of stress:

- Sweating
- Alertness
- Faster heart rate
- Increased blood pressure
- Fight/Flight/Freeze Response
- Significant decrease or increase in appetite

ACTIVE WAYS TO COPE

Here are 4 simple ideas to unwind after a stressful day.

1. Go for a walk	2. Call a friend	3. Write it out	4. Care for yourself
			

PAUSE. TAKE A BREATH.

TRY THIS GROUNDING ACTIVITY CALLED SMELL THE ROSES.

Simple breathing exercises like the ones listed below can help our nervous system reset.

Take a deep breath in as if you were smelling roses	Exhale as if you are blowing out candles

REPEAT THREE TIMES

ACTIVITIES TO DESTRESS

Tap into your happy hormones by trying this colouring activity .

Need Support? JACS is here to lend a helping hand. Don't hesitate to reach out, even if you're feeling apprehensive.

Email info@jacstoronto.org or call us