



Stress Management Campaign

WEEK ONE

Making Moves to Manage Stress

Welcome to week one of the Stress Management Campaign!

Included in this packet are all the resources you need for your first week.



STRESS MANAGEMENT CAMPAIGN

Week One Overview

Making Moves to Manage Stress

Remember to track each completed activity on your campaign tracking sheet!

Complete the 'Stress & Resilience Self-Assessment'

Pages 3-4

Gain insight into your current coping strategies and emotional well-being.

Read 'Mental Health & Resilience'

Page 5

Learn how building resilience can support your mental health.



GBS Behavioral Health

Stress & Resilience Self-Assessment

This self-assessment is a tool to help you gain insight into your current coping strategies and emotional well-being. Take a few moments to reflect on your responses — there are no right or wrong answers. The goal is to build awareness of how you're managing stress today and identify areas where you might want to focus on growth.

1. How often do you find yourself avoiding stressors instead of facing them?

- ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

2. How do you typically cope with stress? *Check all that apply.*

- | | |
|---|--|
| ☐ Exercise or movement | ☐ Stress eating or emotional eating |
| ☐ Talking to a friend or therapist | ☐ Shutting down or withdrawing |
| ☐ Journaling or self-reflection | ☐ Mindless scrolling (social media, TV, etc.) |
| ☐ Engaging in hobbies | ☐ Procrastination |
| ☐ Mindfulness or meditation | ☐ Using alcohol, substances, or other numbing behaviors |
| ☐ Deep breathing techniques | ☐ Other: <input type="text"/> |
| ☐ Avoiding the situation entirely | |

3. On a scale of 1-10, how resilient do you feel when handling stress?

- Not Resilient* *Very Resilient*
- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

4. What barriers prevent you from facing stressors? *Check all that apply.*

- | | |
|---|--|
| ☐ Fear of failure or rejection | ☐ Avoidance of discomfort or difficult emotions |
| ☐ Lack of confidence | ☐ Negative self-talk |
| ☐ Overwhelm or exhaustion | ☐ Other: <input type="text"/> |
| ☐ Unclear problem-solving strategies | |
| ☐ Perfectionism | |

5. What strategies help you build resilience in stressful situations? *Check all that apply.*

- | | |
|---|---|
| ☐ Breaking tasks into smaller steps | ☐ Practicing acceptance of things outside my control |
| ☐ Seeking social support | ☐ Building routines that support well-being (sleep, nutrition, movement) |
| ☐ Practicing self-compassion | ☐ Other: <input type="text"/> |
| ☐ Developing problem-solving skills | |
| ☐ Focusing on what I can control | |
| ☐ Setting boundaries to reduce overwhelm | |



Mental Health & Resilience

What is Mental Health?

Mental health is more than just the absence of mental illness. It encompasses emotional, psychological, and social well-being. It affects how we think, feel, and behave, as well as how we handle stress, relate to others, and make decisions. Just like physical health, mental health requires attention and care.

What is Resilience?

Resilience is the ability to adapt and bounce back when faced with stress, adversity, or challenges. It doesn't mean avoiding difficult emotions or pretending everything is fine. Rather, it's about developing strategies to navigate difficult situations effectively. Think of resilience as a muscle that strengthens with practice.

Why does resilience matter?

In today's fast-paced world, stress is inevitable. However, the way we respond to stress can make a huge difference in our mental health. Building resilience helps you:

- › Manage stress more effectively.
- › Reduce feelings of overwhelm and anxiety.
- › Improve problem-solving skills.
- › Boost overall emotional well-being.
- › Enhance relationships and communication.

What happens when stress takes over?

When stress goes unmanaged, it can have a significant impact on both the brain and body. Chronic stress can:

- › Disrupt sleep patterns.
- › Weaken the immune system.
- › Increase risk of anxiety, depression, and burnout.
- › Impair focus, memory, and decision-making.
- › Lead to maladaptive coping strategies like avoidance, substance use, or emotional withdrawal.

How can you build resilience?

Resilience isn't something you're born with – it's a skill you can develop. Here are a few strategies to get started:

Challenge Negative Thoughts

Practice reframing negative thoughts into more balanced perspectives.

Face Stress Head-On

Avoidance can make stress grow. Take small steps toward tackling challenges directly.

Lean on Support Systems

Don't hesitate to reach out to friends, family, or professionals.

Focus on What You Can Control

Shift attention from things outside your control to actions you can take.

Practice Self-Care

Nourish your mind and body through regular exercise, proper nutrition, sleep, and mindfulness practices.



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