



Date 09/06/2020

From Distress to De-Stress

F.A.I.T.H. - Take Initiative to De-Stress

Bad Stress

- Too high (High BP)
- Too long (produces cortisol, belly fat)
- Adrenaline addiction
- Bad coping, like drinking, violence, road rage, comfort food, cutting.

GOOD Stress

- **Picnic** (stress comes, then goes.)
- **Trip.** (stress comes, then goes.)
- Even **laughing** is stressful, but has great benefits!

How to Turn From Distress to De-Stress

- 1. Turn Anxiety into Action**
- 2. Utilize Resources to bring Relief**
- 3. Replace Languishing with Learning.**