

Whole Person Approach: How Does Stress Affect Me?



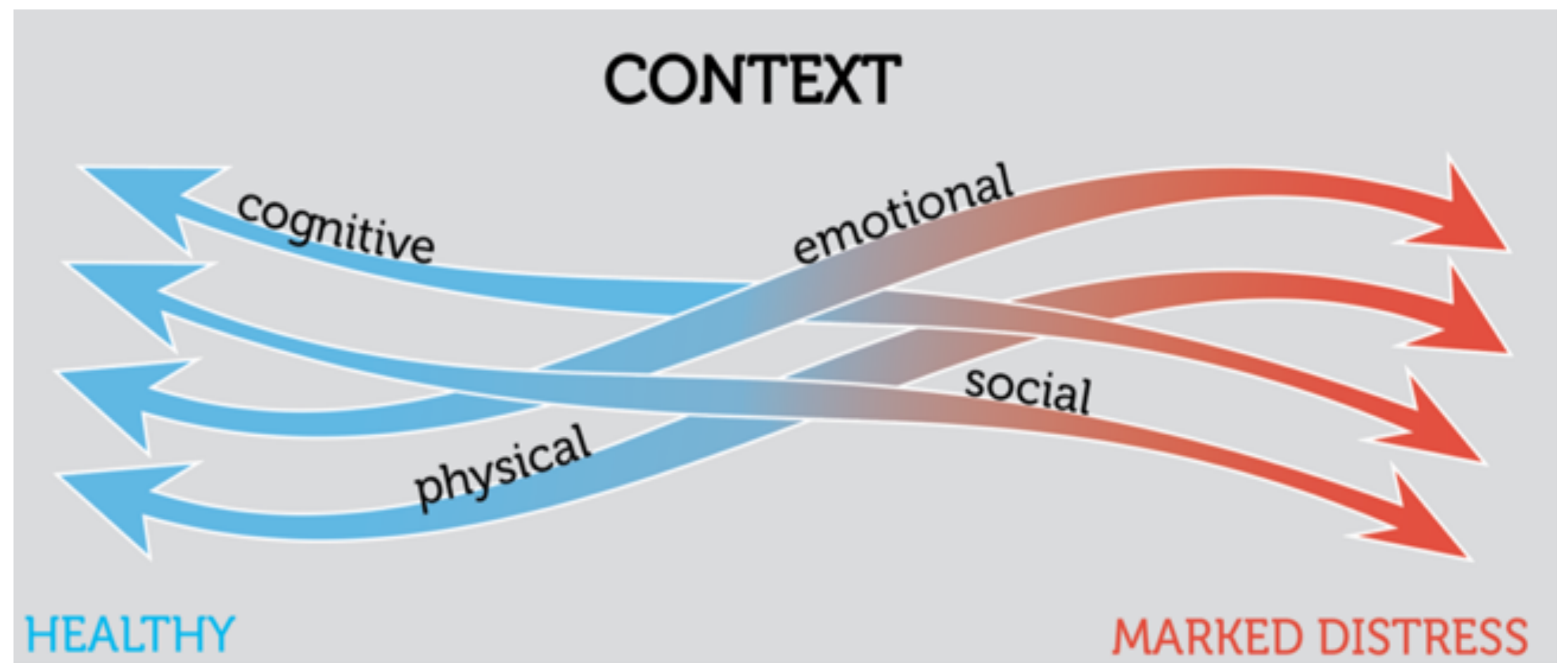
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Stress is a complex phenomenon and is a very subjective experience. Every day we bring our whole selves into our schools and classrooms. This means that our cognitive, social, emotional, and physical states along with the context that surrounds us can all influence how stress affects us. There are a multitude of things that can cause stress, and stressors can vary from day to day.

Building awareness about how stress uniquely affects us can help to create meaningful action steps that can reduce the impact of stress.



Take a moment to consider how stress may impact you in the following areas:

COGNITIVE

Memory, problem-solving, racing thoughts, distractible, decreased productivity due to challenges with focus, etc.

SOCIAL

Isolation, strained relationships, always wanting company, no down time to be social, etc.

EMOTIONAL

Irritability, sadness, feeling overwhelmed, shut down, anxious, etc.

PHYSICAL

Getting sick more, feeling worn down, tension in the body, frequent headaches or stomachaches, not sleeping or sleeping too much, etc.

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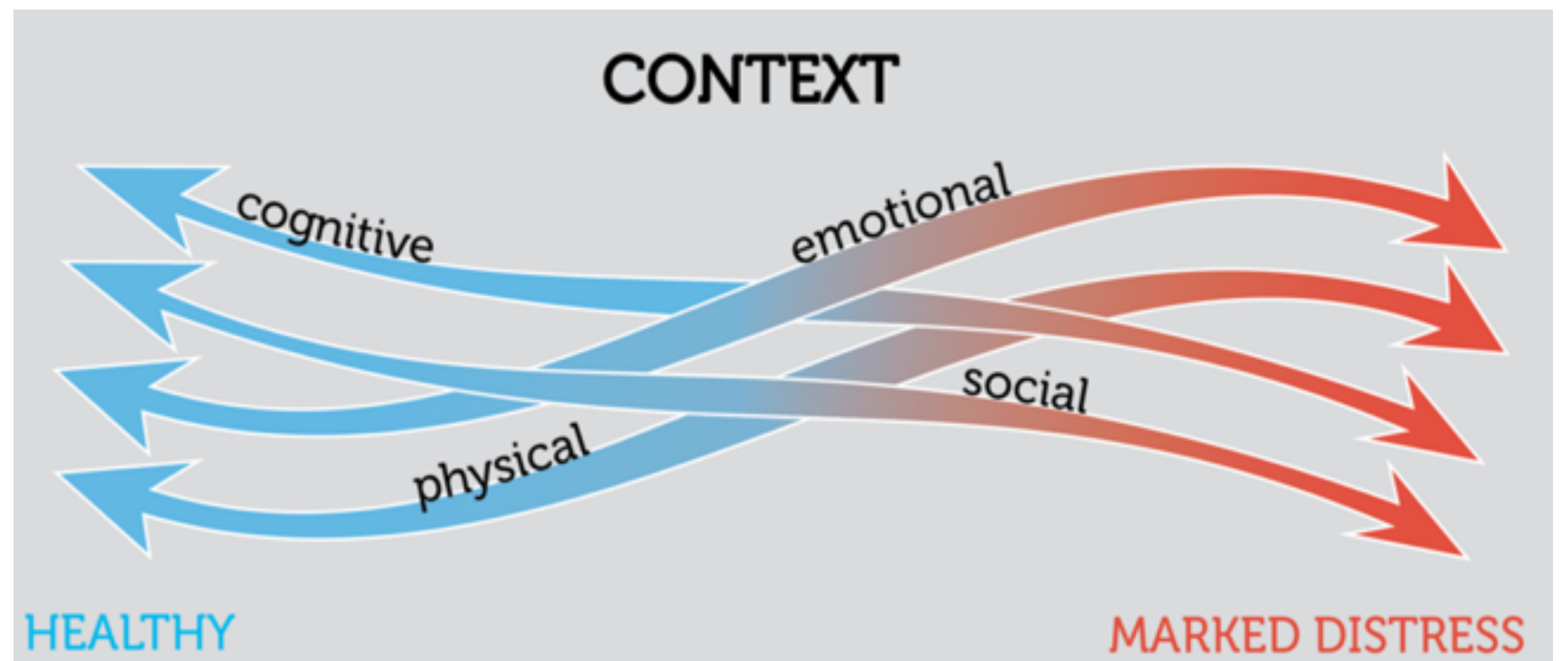
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Having awareness of the ways stress manifests for us individually can help us plan to address it in ways that work for us. Self-care is most effective when approached proactively, not reactively. Strategies will be unique to each person as it relates to what you do at work and outside of work to care for your holistic wellbeing. It is about what works for you!

After taking a moment to reflect on the ways that stress may affect you, brainstorm one (or more!) strategies in each category that you may find helpful:



One strategy that may promote self-care for me is:

COGNITIVE

SOCIAL

EMOTIONAL

PHYSICAL