



Patrick Henry Local Schools

Create an environment where all students discover their personal best in every opportunity

Monthly Newsletter

Hello! Thank you for reading the monthly newsletter for March from the school social worker. The goal of this newsletter is to provide you with at least one takeaway tip, strategy, resource, or idea. This newsletter will focus on stress management and the difference between good and bad stress.



Contact Information

419-274-3015

kayla.vondeylen@phpatriots.org

www.phpatriots.org



School Social Worker
Kayla Von Deylen, LISW

Stress Management: Good vs. Bad Stress

Many different things can cause stress in your life and there are two main types of stress: good stress and bad stress. While some kinds of stress can be harmful, there are times when stress is helpful. Stress is a natural part of life and good stress can help motivate you to reach your goals and push through challenges. Bad stress, however, can be long lasting and it can take a toll on your physical and mental health. The graphic below explains ways stress can be helpful and ways stress can be harmful.

Good Stress



Short term



Helps you perform at your highest level



May cause feelings of nervousness



May increase adrenaline and increase motivation



Is within your coping abilities

Bad Stress



Long term or ongoing



Can result in poor performance



May cause feelings of helplessness



May increase your heart rate and cause fatigue



Outside of your coping abilities

You can recognize when stress goes from good to bad when it begins to take over your life. Stress management can be challenging but identifying the negative stressors in your life and finding positive ways to cope with them can make this easier. A few steps you can take to limit your stress are delegating tasks, saying no when you feel you are at capacity or asking for support when you need it. It is important to practice **perseverance** when you are dealing with stress, to go **above and beyond** to support someone when they feel overwhelmed by stress and to surround yourself with people who are like **family** and will help you when you experience bad stress too. Remember, good stress is a natural and healthy part of life. The key to stress management is to identify good stress from bad stress and to use positive coping skills to limit the impact bad stress has on your life. **#PHStrong**