Who to call when you need help:

1) 911 (critical or medical emergency)

2) 211 (can connect you with local resources for crisis/emergency, health and more)

3) Headrest crisis line:
   1-603-448-4400

4) Abuse of child/teen:
   (VT) 1-800-649-5285
   (NH) 1-800-894-5533

5) Hopeworks - Rape Crisis line
   1-802-863-1236

6) Drug use/abuse Hotline:
   1-800-662-HELP (4357)

7) Domestic Violence Hotline
   1-800-228-7395

How to deal with your STRESS

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Things that cause stress

- School pressures: exams, grades, think about graduation
- Family
- Dating/ Friendships/ Facebook
- Crammed schedule
- After school jobs
- Sports
- Physical and emotional changes
- Bullying
- Thinking about/pressure to try drugs, sex, tobacco

How our bodies & minds react to these stressors

- Headaches, stomach aches, tiredness and muscle pains
- Loss of pleasure in fun things
- Shutting out family and friends
- Crying /yelling/ hitting more often
- Increased anxiety or depression
- Changes in sleep and eating habits
- Difficulty concentrating

What can you do?

5 ways to deal with stress:

1) Talk to friends/family - Connecting to others is a great way to talk through the triggers in our daily lives and remember we are not alone
2) Mindfulness practice: Start a routine of yoga, relaxation, tai chi or breathing exercises to help your mind and body fight the negative side effects of stress or find an app on your phone
3) Take care of your body - Making sure you're get enough sleep, eating well and getting regular exercise. These are simple ways of increasing your mood and energy level.
4) Focusing daily on what is good can help keep our minds off of the worries of daily life. Remember to appreciate the small, everyday joys.
5) Connect to nature - Going for a walk or hike can help anyone feel grounded and peaceful.

Helpful phone Apps

- Mindshift
- Happpy Activities & Games for Stress & Anxiety
- Effective tools and programs to take control of your emotional wellbe
- Sleep Tracker + Mood Diary
- Period Tracker
- Helps track your menses but also your mood, health symptoms and n
- Breathe2Relax
- Provides information on the effects of stress on your body as well as I practice exercise to learn stress management
- Stop, Breathe & Think: Meditation and Mindfulness
- What’s Up?
- Helps by giving methods of how to cope with depression, anxiety en
- Headspace: Guided meditation and Mindfulness