



Your LHS counselors



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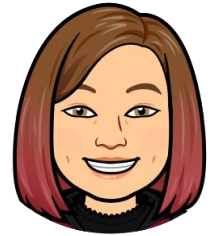
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[Liberty High School Counseling Webpage](#)

WHAT IS STRESS



“a state of worry or mental tension caused by a difficult situation. Stress is a natural human **response** that prompts us to address challenges and threats in our lives. **Everyone** experiences stress to some degree”

World Health Organization

“a **normal reaction** the body has when changes occur, resulting in physical, emotional and intellectual **responses**” Cleveland Clinic

“a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's **reaction** to a challenge or demand.” MedlinePlus

“the body's **response** to physical, mental, or emotional pressure” National Cancer Institute

“a physical and emotional **reaction** that people experience as they encounter challenges in life”
US Dept of Health & Human Services

COMMON STRESSORS



Relationships

Friends, Family, Romantic



School

Grades, work load, getting it all done

Family

Dynamics, responsibilities, pressure



And so much
MORE



Normal physical and/or emotional **reaction(s)** that people experience as they encounter change and challenges in life

Reactions vary from person to person.

It is important to know and recognize our own responses.

These are a few examples and you may feel stress in more or different ways.

STRESS MANAGEMENT

- **Relaxation**

- Breathing
- Visualization
- Meditation or mindfulness
- Aromatherapy
- Music/Nature sounds

- **Creativity/Artistic**

- Painting, drawing, sketching
- Coloring
- Crafting, sewing, assembling
- Cooking, baking

- **Physical Wellbeing**

- Exercise, sports
- Proper nutrition
 - Healthy non-processed meals
 - Limit caffeine
 - Drink more water
- Good sleep
- Avoid drugs and alcohol

- **Communication**

- Journal
- Talk with supportive friends and family
- Counseling

Here's how to take 5 and breathe in a relaxed way to reduce tension

Repeat this for each finger

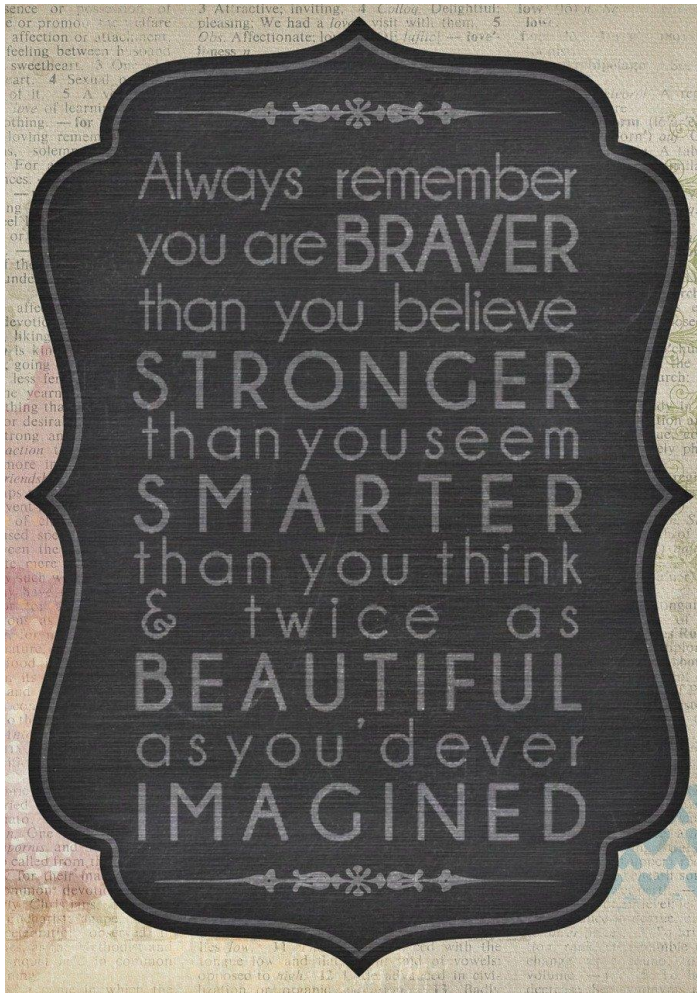
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YOUR SUPPORT SYSTEM

YOU!



**Friends &
Family**



Places



People in your life



Welcome to the Liberty Online Calming Room

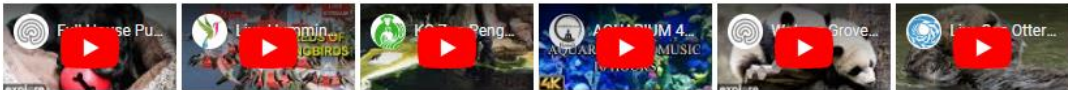
Breathing Exercises



Relaxing Sounds



Live Animal Cameras



Virtual Museum Tours

The Louvre Van Gogh Museum The Art Institute Chicago The Broad The Getty The Met

Virtual Sightseeing



[Liberty Online Calming Room](#)

Suicide Prevention and Support

Suicide & Crisis Lifeline

Call or TEXT 988

Chat 988lifeline.org

Text HOPE to 20121

Crisis Text Line

Text HELLO to 741741

Health and Mental Health Resources

For Teens by Teens (Sutter Health)

<https://www.sutterhealth.org/health/teens>

To Write Love on Her Arms

<https://twloha.com/>

Born This Way Foundation

<https://bornthisway.foundation/>

Community Resources

Contra Costa Database

Call 211

<https://cccc.myresourcedirectory.com>

Food Bank

855-309-FOOD (3663)

<https://www.foodbankccs.org/>

LGBTQIA+

Trevor Project

Text START to 678-678

Call 866-488-7386

<https://www.thetrevorproject.org/explore/>

Rainbow Community Center

925-692-0090

<https://www.rainbowcc.org/>