

7 THINGS TO KNOW ABOUT STRESS

(AND HOW TO RESPOND WITH COMPASSION)

1. **Stress is more common than you think**

- **Many people carry stress silently.**
 - What you can do: Approach yourself and others with awareness—you may not see everything they're carrying.

2. **Stress builds over time—not all at once**

- **It often starts small and grows when left unaddressed.**
 - What you can do: Check in regularly with yourself before stress becomes overwhelming.

3. **Stress affects both the mind and body**

- **It can show up as fatigue, tension, irritability, or trouble focusing.**
 - What you can do: Pay attention to physical and emotional signs—they're signals, not weaknesses.

4. **"I'm just tired" can mean more than exhaustion**

- **Stress often hides behind everyday language.**
 - What you can do: Pause and ask yourself, "What do I actually need right now?"

5. **You don't have to push through everything**

- **Constantly pushing forward can increase burnout.**
 - What you can do: Take short breaks, reset your pace, and give yourself permission to pause.

6. **Small tools can make a big difference**

- **Simple techniques can help regulate stress in the moment.**
 - Try this:
 - Take a slow breath in for 4 seconds
 - Hold for 4 seconds
 - Exhale for 4 seconds
 - Repeat a few times to calm your body.

7. **You don't have to handle stress alone**

- **Support matters more than having all the answers.**
 - What you can do: Talk to someone you trust or seek support when needed.