22 SUPPLEMENT

The MINDSTRONG Cognitive-Behavioral Skills-Building Program for Young Adults

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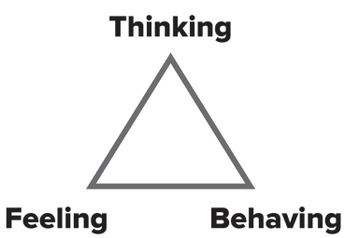
PART OF SESSION 3

STRESS AND COPING

1. Describe an event that happened this past week that changed your thinking from negative to positive.

2. How you think affects how you feel and how you behave!



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3. Remember the ABCs:

A = the **A**ntecedent event that triggers your thinking
B = the **B**eliefs or thoughts about the event or situation
C = the **C**onsequence of your beliefs or thinking; for example, how you feel (your emotions) and how you behave

What is stress?

Stress is when you do not have the ability or skills to deal with things that you see as frightening or unpleasant (e.g., taking a test that you did not study for or missing a deadline at work).

Do you think stress is good or bad? Why?

There are times when some stress can be good; for example, to help you to get things done, like that job presentation!.

Too much stress, especially if it is not handled in healthy ways, can be harmful to your mind and body; for example, it can cause depression and stomach ulcers.

NEGATIVE THOUGHTS can cause STRESS and STRESS can cause NEGATIVE THOUGHTS.

What do you think are the most common causes of stress and worry for young adults?

- What others think of one
- Too much on one's plate
- Relationship issues
- Parents argument or separated/divorced
- Expectations from other people
- Feelings of anxiety or depression
- Self-esteem
- Finances, money problems
- How to cope with stressful things
- Deciding what to do with one's life
- Graduate school
- What to do after high school
- Finding a job
- Partner issues—getting married

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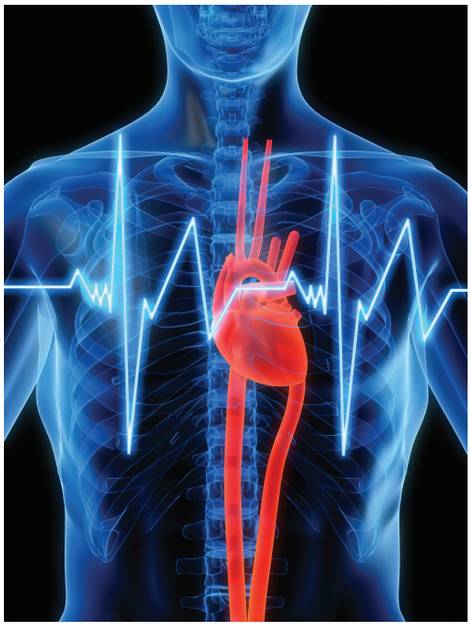
How do you feel physically when you are stressed?

Physical responses to stress:

- Heart beating fast or pounding
- Breathing fast
- Sweating
- Anger
- Restlessness
- Headaches
- Shutting down
- Stomachaches
- Tightness in the neck and/or shoulders
- Difficulty thinking clearly
- Trouble sleeping or sleeping too much
- Fatigue or feeling tired all the time



How do you feel emotionally when you are stressed?

Emotional signs of stress:

- Feeling anxious
- Feeling nervous
- Feeling down or depressed
- Feeling hopeless
- Feeling angry or irritable
- Feeling overwhelmed or "burned out"

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How do you act when YOU are stressed?

Behaviors that can mean you are stressed

- Arguing with parents, friends, or partners
- Overeating
- Using drugs and alcohol
- Smoking cigarettes
- Getting poor work evaluations
- Poor grooming
- Dropping courses (quitting your job)

How do you usually deal with or cope with being stressed or upset?

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How would you describe healthy or unhealthy coping?

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