



MAINTAINING HEALTH DURING STRESS  
AND EXAMS W/ ACTIVE MINDS

A hand-drawn green speech bubble with a black outline. The bubble is filled with a solid green color. In the top-left corner, there are two small speech bubble icons with three curved lines above them, suggesting a conversation or a list of items. The text "What things are stressing you out?" is written in a dark grey, sans-serif font in the center of the bubble. The bubble has a tail pointing towards the bottom-right corner. There are some decorative lines and a zigzag mark on the right side of the bubble's outline.

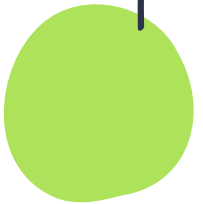
What things are stressing you out?



HOW DOES STRESS AFFECT YOUR BODY  
AND MIND IN THE MOMENT?

## AFFECTING YOUR BODY

- low energy, headache, upset stomach
  - chronic stress can contribute to long-term problems for heart and blood vessels
  - can cause unhealthy habits
- What happens in the moment?

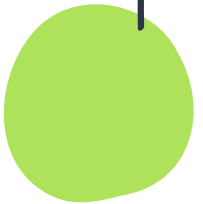


## AFFECTING YOUR MIND

- Psychological effects such as stress directly correlate to the mind
- Body positivity stems from the mind, which can be negatively affected by stress
- Stress eating/ other similar habits → cause people to convince themselves of flaws

## LONG TERM EFFECTS OF STRESS ON BODY AND MIND

- X Differences between acute and chronic stress
- X Consistent stress can disrupt the many communication pathways in the body
- X Development of Anxiety and Depression



# STRATEGIES AND COPING MECHANISMS

1. Sleep for longer
2. Meditation/yoga
3. Spend time with your pet
4. Exercise
5. Talk to friends
6. Communicate with teachers, RCs, and counselors



## REFLECT + DISCUSS

- x How do you feel stress management and positive mental health habits are intertwined with the body positivity movement?
- x What are personal changes, either in mindset or routine, that you believe would help your stress management and self care? What changes have you already made?
- x In what ways does IMSA's environment support effective stress management, self care, and body positivity? What changes would make you feel more supported?