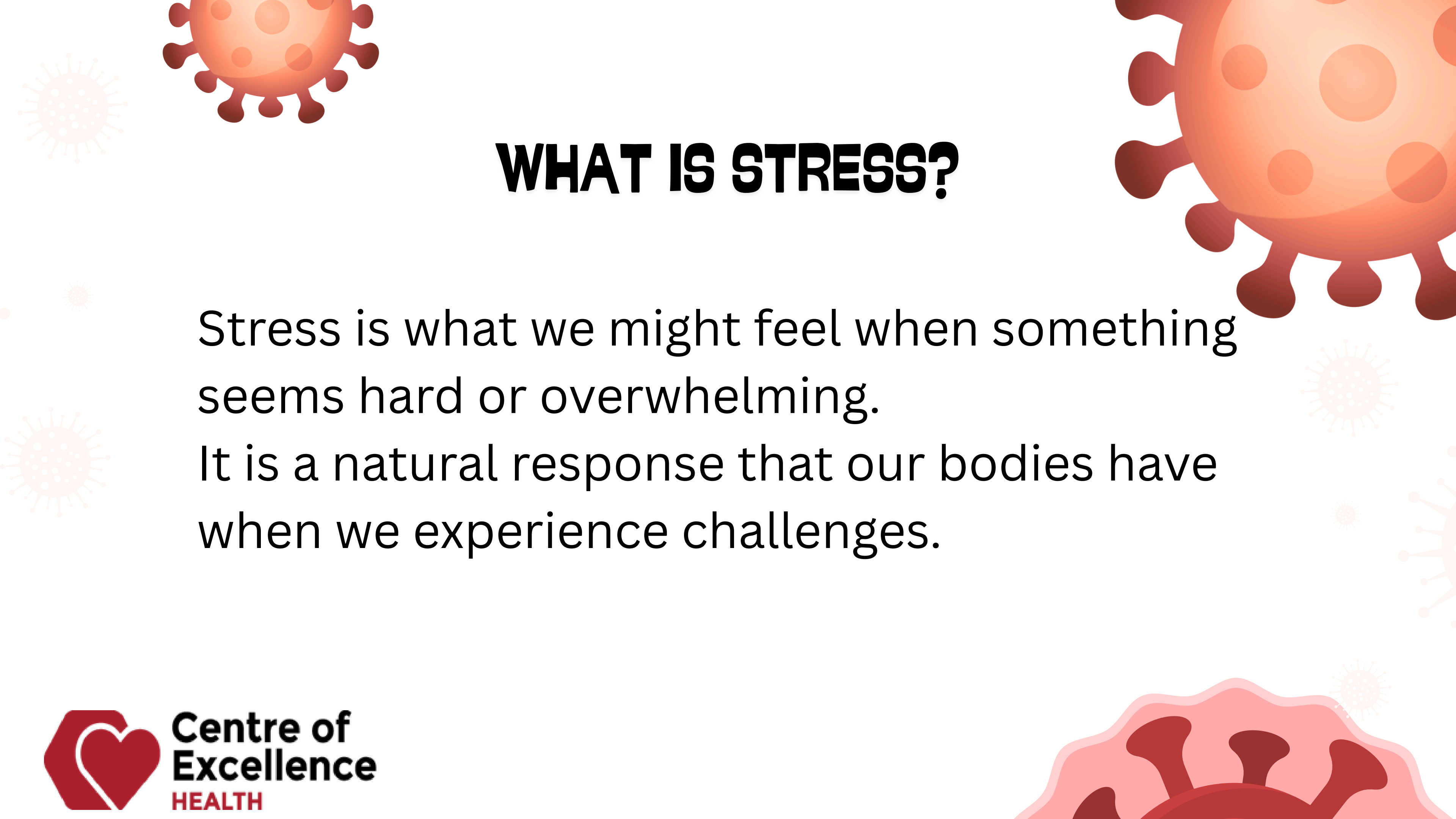




STRESS & THE IMMUNE SYSTEM



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WHAT IS STRESS?

Stress is what we might feel when something seems hard or overwhelming.

It is a natural response that our bodies have when we experience challenges.




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COMMON STRESSORS FOR YOUTH

- School pressure (grades, deciding careers)
- Family challenges
- Body image issues
- Friendships
- Major life events (illnesses, accidents)
- Peer pressure
- Relationships





THE STRESS RESPONSE

The main role of our brain is to keep us alive, therefore situations in our daily lives can alert our fight, flight, freeze or fawn response (autonomic nervous system) to respond to “Threats”.

- **Fight:** Aggressively confronting the situation
- **Flight:** Physically removing yourself from the situation
- **Freeze:** Unable to act when faced with a threat
- **Fawn:** Trying to please to avoid conflict





TYPES OF STRESS

- **Positive Stress:** Positive stress keeps you alert, motivated and prepared to avoid danger (writing a test, trying something new, performing at a concert).
- **Short-Term Stress:** Short-term stress comes quickly and can be positive or negative depending on what caused it (roller coaster, fight with friend).
- **Long-Term (Chronic) Stress:** This type of stress goes on for weeks or even months and is a negative (family problems, bullying).





WHAT HAPPENS WITH CHRONIC STRESS

- When you experience long-term (chronic stress) your body's "Fight, Flight, Freeze, or Fawn" (autonomic nervous system) is being activated over and over again which causes your body to- wear down.
- You may develop physical symptoms like stomach aches, headaches, or trouble sleeping.
- Emotional symptoms may also occur such as anxiety or depression.

HOW HEALTHY HABITS HELP

Stress is not something that we can avoid, but if we have the right habits to manage it, we can keep it from becoming overwhelming.

- Healthy habits to manage stress:
 - Physical activity
 - Positive self-talk
 - Journaling
 - Breathwork
 - Talking with someone you trust
 - Mindfulness



CAREERS

- **Family Doctor or Nurse Practitioner:**

First contact for concerns about chronic stress affecting physical health.

- **School Counsellor or Youth Mental Health Worker:**

Supports anxious thoughts, stress management, and coping strategies.

- **Public Health Nurse:**

Provides education on sleep hygiene, wellness habits, and stress education.



CAREERS-VIDEO LINKS TO COE WEBSITE

- **Family Doctor or Nurse Practitioner:**

-https://centresofexcellencenb.ca/health/?speaker_series=career-profiles-physicians-and-pharmacists-in-new-brunswick

- **School Counsellor or Youth Mental Health Worker:**

-https://centresofexcellencenb.ca/health/?speaker_series=social-work-presentation-with-coe-health-and-nbasw-myth-busting-event

-https://centresofexcellencenb.ca/health/?speaker_series=learn-more-about-a-rewarding-social-work-career-with-nbasw




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RESOURCES

- <https://www.who.int/news-room/questions-and-answers/item/stress>
- <https://www.cincinnatichildrens.org/health/t/teen-stressors>
- <https://www.simplypsychology.org/fight-flight-freeze-fawn.html>
- <https://my.clevelandclinic.org/health/diseases/11874-stress>





THANK YOU



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