

# Stress Response and Coping Strategy Cards

## STRESS RESPONSE FIGHT



Body prepares to confront a threat.

- Heart rate increases
- Muscles tense
- Adrenaline rises

## STRESS RESPONSE FLIGHT



Body prepares to escape a threat.

- Breathing speeds up
- Alert and focused
- Energy redirects

## STRESS RESPONSE FREEZE



Body reacts to overwhelm or danger.

- Shut down
- Numb or still
- Hard to think

## STRESS RESPONSE Fawn



Body seeks to please to stay safe.

- People-pleasing
- Avoids conflict
- Loses own needs

## COPING STRATEGY BREATHE



Slow, deep breathing calms the body.

- 4 in, 4 out
- Repeat 3-5 times
- Lowers stress

## COPING STRATEGY GROUND



Use your senses to come back to now.

- 5 things you see
- 4 you can touch
- 3 you hear, 2 smell, 1 taste

## COPING STRATEGY MOVE



Movement releases tension.

- Stretch or walk
- Shake it out
- Get your blood flowing

## COPING STRATEGY THINK



Challenge stressful thoughts.

- What's the evidence?
- Is there another way to see this?
- Reframe

## COPING STRATEGY CONNECT



Talk to someone you trust.

- Share how you feel
- Ask for support
- You don't have to do it alone

## COPING STRATEGY REST



Rest helps your body and mind recover.

- Prioritise sleep
- Take breaks
- It's okay to pause

## COPING STRATEGY PLAN



Break it down and take action.

- List what you can control
- Set small steps
- One step at a time

## COPING STRATEGY CREATE



Expressing yourself reduces stress.

- Draw, write, play music, etc.
- No need to be perfect
- Focus on the process

## QUICK REMINDER NOTICE



Notice early signs of stress.

- Tight chest
- Headaches
- Irritable or tired

## QUICK REMINDER CHOOSE



You can choose your coping strategy.

- Pause
- Pick what helps
- Check in with yourself

## QUICK REMINDER VALUE



You matter. Look after you.

- Your feelings are valid
- Self-care is important
- Small steps count

## NEED MORE SUPPORT? REACH OUT



It's okay to ask for help.

- Talk to a trusted adult
- School support
- You are not alone