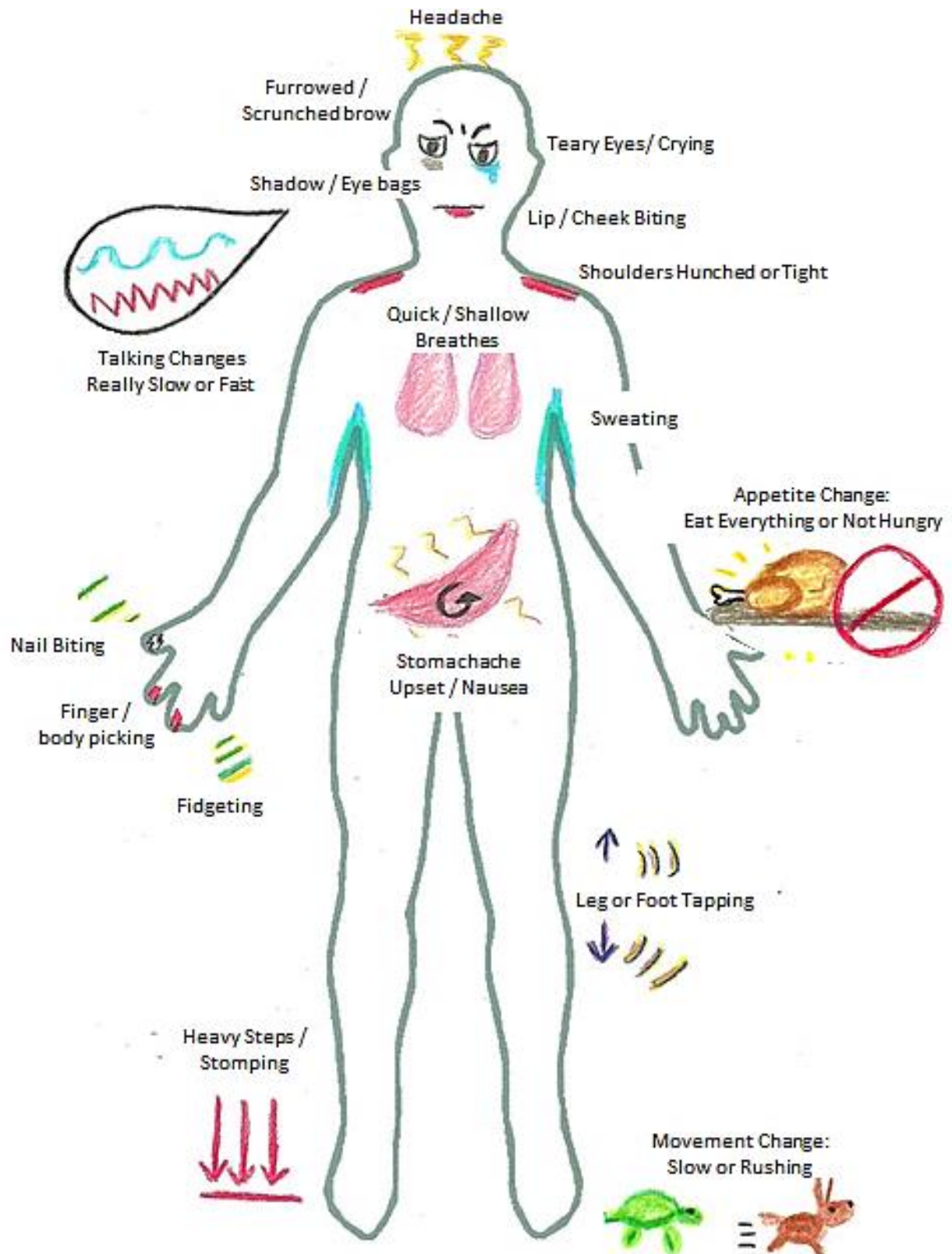
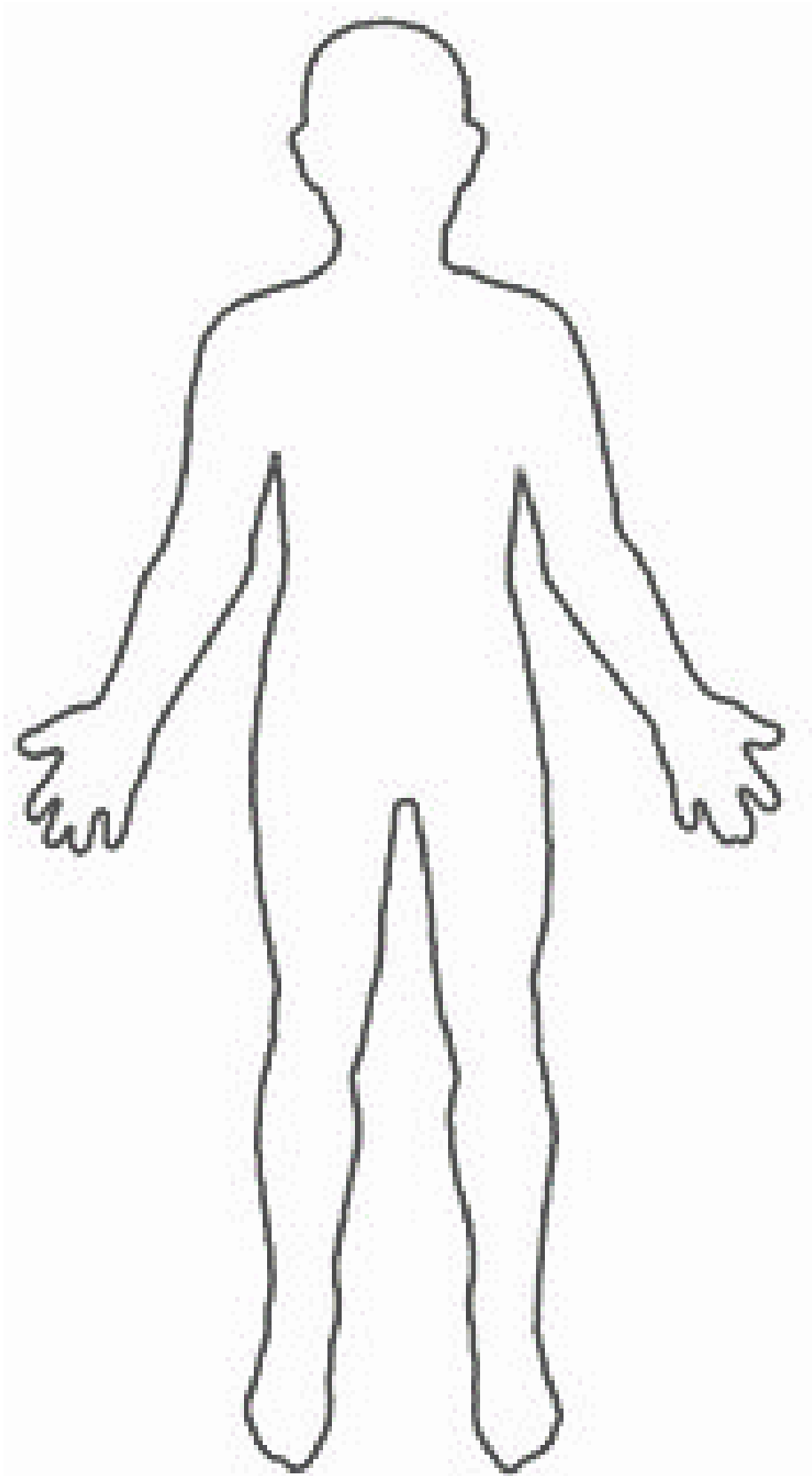


Body Symptoms During Stress

Bodies react to stress in different ways. Symptoms you might notice in yourself, or others are:



What Signs and Symptoms do You Experience?



What Can I do When I'm Stressed?

Check out some of the free tools and resources available for download from our library

The screenshot shows a library interface with a dark wood-grain header. The word "Library" is written in large white font. Below it is a search bar with the placeholder text "Search files...". A dropdown menu is open, showing "Calming Tools" with a downward arrow, highlighted by a yellow circle. Below the search bar are three resource cards, each for a PDF document. Each card includes a PDF icon, the title, file size, a "PREVIEW" button, a set of category tags, a description, and a "DOWNLOAD" button. The first card is for "Back in Balance Guide" (660.86 KB), with tags for Adult, Calming Tools, Cognitive, Emotive, Imaginative, Sensory, and Teens. The second card is for "Calming Activities Library" (1.76 MB), with tags for Adult, Ally, Calming Tools, Children, Cognitive, Emotive, Imaginative, Sensory, and Teens. The third card is for "Calming Object Library" (1.96 MB), with tags for Adult, Ally, Calming Tools, Children, Cognitive, Emotive, Imaginative, Sensory, and Teens. Each card also features a small illustration: a person balancing on a tightrope, a person painting a rainbow, and a person looking at a blue object.

Library

Search files...

Calming Tools ▾

Back in Balance Guide 660.86 KB [PREVIEW](#)

Adult Calming Tools Cognitive Emotive Imaginative Sensory Teens

A pamphlet that shows some simple steps to help you get back in balance when circumstance, emotions, or thoughts are bringing stress and throwing you off balance. You can download this brochure to your phone, computer, or tablet, or print it out and carry it with you.

[DOWNLOAD](#)

Calming Activities Library 1.76 MB [PREVIEW](#)

Adult Ally Calming Tools Children Cognitive Emotive Imaginative Sensory Teens

Certain activities can be a helpful activity to calm upset / anxious feelings and "rebalance". Here is a collection of suggested activities and steps you can do to use them in your daily life

[DOWNLOAD](#)

Calming Object Library 1.96 MB [PREVIEW](#)

Adult Ally Calming Tools Children Cognitive Emotive Imaginative Sensory Teens