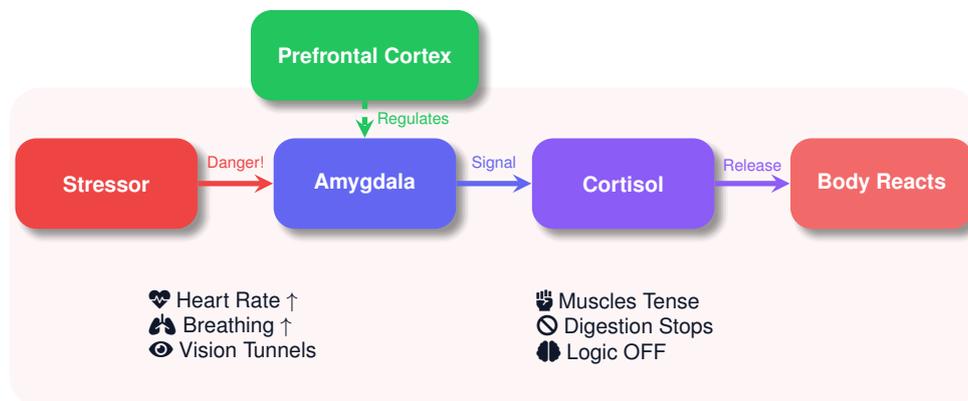


Stress Management Toolkit

Evidence-Based Strategies for Teen Resilience

⚡ Understanding the Stress Response

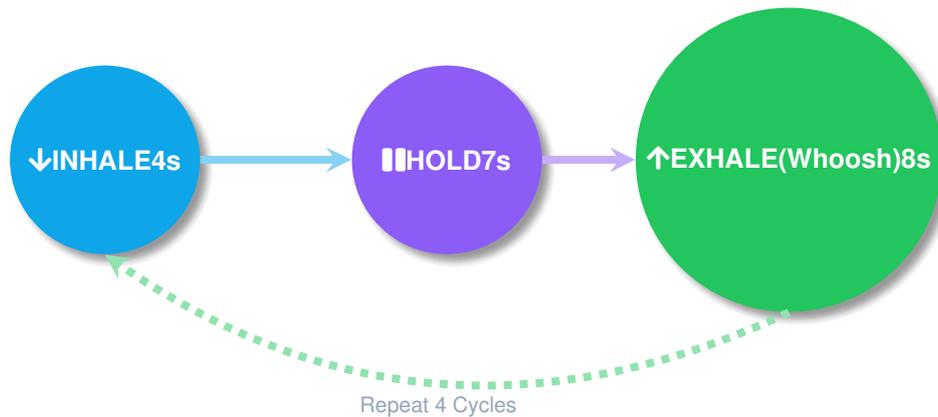
When you perceive a threat—real (a bear) or imagined (a test)—your brain activates the **HPA axis**. This massive chemical cascade releases cortisol and adrenaline, preparing you to "Fight or Flight".



Key Insight: Your brain can't distinguish between a lion and a deadline. Chronic stress keeps this system sticky "ON". The tools below turn it "OFF".

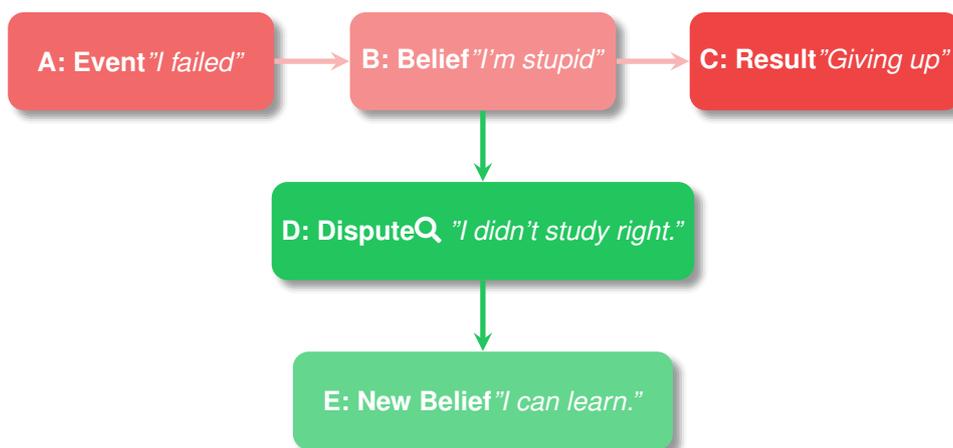
🌀 Tool 1: 4-7-8 Breathing (The Reset Button)

This technique hacks your biology by forcing a long exhale, signaling safety via the vagus nerve.



🧠 Tool 2: Cognitive Reframing (The ABCs)

Stop the spiral of negative thinking by challenging your immediate beliefs.



👤 Tool 3: Quick Stress Busters

- ✓ **Cold Splash:** Splash ice cold water on face.
- ✓ **Shake It Off:** Shake limbs for 60s.
- ✓ **Bi-lateral Music:** 8D audio tracks.
- ✓ **Box Breathing:** In 4, Hold 4, Out 4, Hold 4.