

Defining Stress & Excessive Stress



WHAT IS STRESS?

Stress is the body's physical and/or mental reaction to a dangerous or exhausting external situation.

IS STRESS BAD?

Stress is not inherently bad and anyone can experience stress.

Stress can become a problem when it is constant, overwhelming, and/or caused by a traumatic event. This is often called **excessive stress, toxic stress, or traumatic stress**.

Many things can contribute to excessive stress. Ask an Avalon Housing staff member for an ACEs factsheet to learn more.

MANAGING EXCESSIVE STRESS

Often people are able to manage excessive stress with the coping skills and social networks they have.

Sometimes people's responses to excessive stress are more severe and long-lasting. Traumatic events can also make existing health issues worse.

This can result in people experiencing Acute Stress Disorder, Post-Traumatic Stress Disorder, or other health concerns.

If you believe you are experiencing severe or long-lasting responses to stress, we encourage you to reach out to an Avalon Housing staff member.

WAYS THAT PEOPLE COPE WITH EXCESSIVE STRESS

Sometimes people develop coping strategies such as avoidance, self-medication, or self-harm as a way to find relief from excessive stress. These are normal reactions, but they can have negative long-term impacts, so we encourage people to try adopting positive coping strategies too.

Ideas for positive coping strategies to try can be found on our "Recognizing and Coping with Trauma" fact sheet.



THINGS YOU CAN DO IF YOU ARE EXPERIENCING EXCESSIVE STRESS



Call Avalon Housing to ask for help finding resources

Talk with a friend or Avalon staff member



Be kind to yourself and engage in positive self talk

Scan the QR code to access more resources on excessive and traumatic stress.



Recognizing and Coping with Trauma



Trauma happens when an individual experiences an event or series of events that bring physical or emotional harm to that person.

IF YOU ARE EXPERIENCING ANY OF THESE COMMON SYMPTOMS OF TRAUMA:

PHYSICAL

- Nausea and difficulty eating
- Pounding heart, shaking, rapid breathing
- Sweating more than usual
- Severe headaches

COGNITIVE

- Difficulty concentrating
- Nightmares or flashbacks
- Difficulty sleeping

BEHAVIORAL

- Lack of interest in physical activity
- Lack of interest in physical or emotional intimacy
- Increased substance use
- Isolating self from others

FEELINGS

- Numbness
- Fear
- Guilt
- Hopelessness
- Nervousness
- Sadness
- Anger
- Helplessness

CONSIDER TRYING ONE OR MORE OF THESE COPING STRATEGIES:



Acknowledge your experiences and feelings



Connect with friends, family, or resources for support



Be kind to yourself and practice affirming yourself



Identify activities you enjoy doing



Write about your experiences and feelings



Develop a sleep and/or eating routine



Avoid caffeine, sugar, or nicotine



Try relaxation activities like stretching or meditation

DID YOU KNOW?

Symptoms of trauma may develop immediately after a traumatic event or they may take years to develop. In addition, traumatic events can have short-term effects and/or long-term effects. Scan the QR code to learn more.



COMMUNITY RESOURCES

You do not have to face trauma on your own.

Scan the QR code or ask an Avalon Housing staff member for a resources map to locate organizations that can support you.



Helping Friends and Family Cope with Trauma



Trauma happens when an individual experiences an event or series of events that bring physical or emotional harm to them.



SIGNS YOUR FRIEND OR FAMILY MEMBER MIGHT BE EXPERIENCING TRAUMA

- Irritability and hostility
- Mood swings
- Fatigue
- Sweating or shivering
- Sleep disturbances
- Memory problems
- Increased use of alcohol or drugs
- Decreased activity

SUPPORTING SOMEONE WHO EXPERIENCED TRAUMA

- Encourage them to talk about their reactions when they are ready. Actively listen and avoid phrases that dismiss their feelings such as "don't cry" or "calm down"
- Help them identify sources of support like friends, family or professional support



COMMUNITY RESOURCES

If your friend or family member needs more help to manage their trauma, scan the QR code or ask an Avalon Housing staff member for a resources map to locate organizations that can support them.



- Practice self care strategies that the person you support enjoys like exercising, reading, or listening to music
- Offer to help with daily tasks like cooking, grocery shopping, or cleaning
- Respect their need for time alone

Providing Trauma Support



Trauma happens when an individual experiences an event or series of events that bring physical or emotional harm to them.

IF YOUR CLIENTS ARE EXPERIENCING THESE:

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COGNITIVE

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FACT CHECK!

Symptoms of trauma may develop immediately after a traumatic event or they may take years to develop. In addition, traumatic events can have short-term effects and/or long-term effects. Scan the QR code to learn more.



CONSIDER TRYING THESE STRATEGIES:



Learn to recognize various trauma responses



Reinforce the belief that seeking support is healthy



Encourage and help clients build support networks



Introduce grounding techniques to help address triggers and flashbacks



Build on clients' strengths to develop treatment plans



De-stigmatize maladaptive coping behaviors



Support clients in identifying alternative coping strategies to self-harm or self-medication



Provide a warm handoff to other trauma-informed resources (i.e. Avalon Housing)

DID YOU KNOW?



Post-Traumatic Stress Disorder (PTSD) is a term you may hear commonly in reference to trauma, but it is not always accurate depending on what your client is experiencing. Scan the QR code to learn more about the differences between PTSD and Acute Stress Disorder (ASD).

ACES

Adverse Childhood Experiences

What are ACEs?

Traumatic childhood experiences that can have long-lasting effects. These include:



Abuse: Emotional, physical, and sexual



Neglect: Physical and Emotional



Household Challenges: Mental illness, incarcerated relatives, divorce, mother treated violently, substance abuse

What impact do ACEs have?

Exposure to situations that produce persistent fear and anxiety can disrupt the developing brain and impact someone in adulthood. ACEs don't have to be experienced directly, a child could see them happening to a loved one.

As the number of ACEs increases so does the risk of negative health outcomes.

Remember if you have experienced this you are not alone. The ACEs scale also does not take into account positive childhood experiences which helped build resiliency.

Did you know?

Toxic Stress describes the effects of long-term stress in childhood. These can lead to long-term negative health and behavioral outcomes. While racism isn't yet considered an ACE, experiencing racism can lead to Toxic Stress in both childhood and adulthood.

Scan below to see your ACE score



SCAN ME



AVALON HOUSING

Avalon Housing: 734-663-5858 | SAMHSA National Helpline: 1-800-662-4357

ACES

Adverse Childhood Experiences

Risk Factors



Families with high conflict, abuse, and poor communication



Food insecurity and unstable housing



Lack of social support

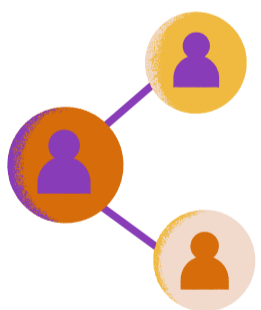


Communities of violence, crime, and substance use

Health Impacts of ACEs

- ACEs can cause toxic stress which is excessive activation of the stress response in the body leading to long term health impacts.
- The more ACEs one has the more likely they will engage in risky behavior and develop chronic conditions.
- ACEs can lead to risky behavior like substance misuse and lead to poor mental health outcomes
- ACEs can lead to chronic conditions like heart disease, diabetes, and obesity.

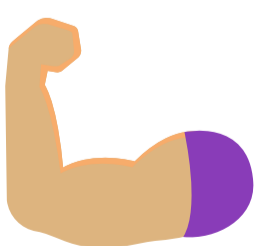
Protective Factors



Strong family and community social support networks



Safe, stable, and nurturing relationships with family



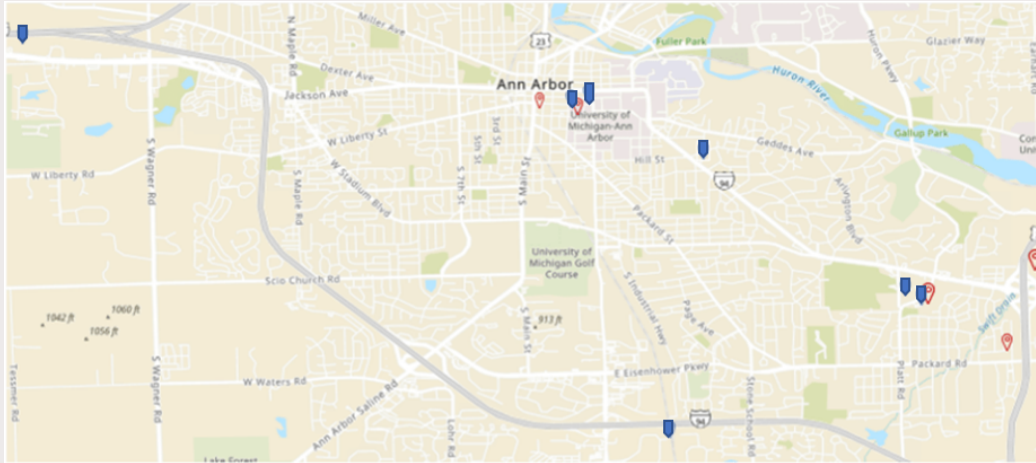
Resiliency: mindfulness, gratitude, optimism, self-compassion, and perseverance

Scan below for a self care tool for ACEs



SCAN ME

Trauma-Informed Resources in Ann Arbor



Pin: Trauma-Informed Therapist
Arrow: Trauma-Informed Organization

Ann Arbor Public Bus System: <https://www.theride.org/>

TRAUMA-INFORMED THERAPISTS

- Liz Mitchell, Sollars and Associates, 3830 Packard St, #280, Ann Arbor, MI 48108, (734) 270-6258
- P Jacobs, Amplify Colectivo, 120 East Liberty Street, Suite 200, Ann Arbor, MI 48104, (734) 547-6566
- Lewis Okun, PhD, 2301 South Huron Parkway, Suite #3-A, Ann Arbor, MI 48104, (734) 931-6749
- Tristan Woodsmith, Transformational Choices, 2006 Hogback Road, Suite 8, Ann Arbor, MI 48105, (734) 212-8640
- Howard D Lerner, 555 E William Street, Suite 20L, Ann Arbor, MI 48104, (734) 403-3848

Additional providers who have specialty in trauma or are certified in trauma, are located in Ann Arbor, accept Medicaid, and are in the most affordable cost bracket on psychology today can be found using the URL or QR code below:



<https://www.psychologytoday.com/us/therapists/medicaid/mi/ann-arbor?sid=621277d64156d&cost=1&spec=19&ref=1>

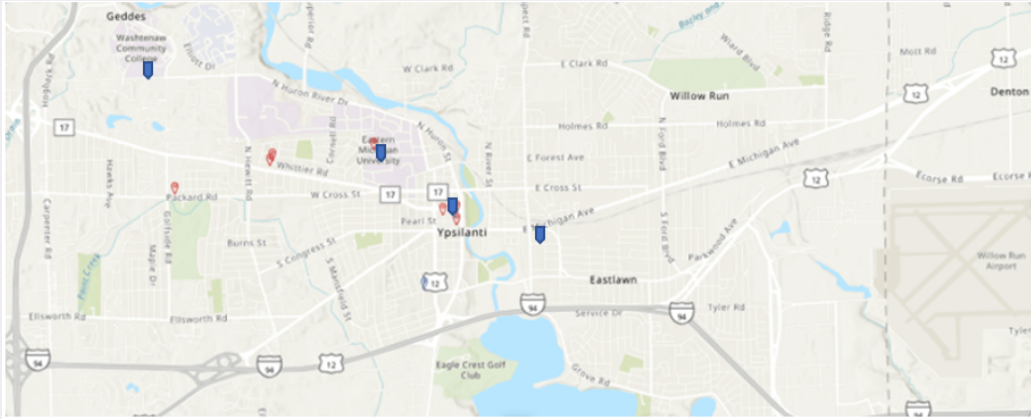
TRAUMA-INFORMED ORGANIZATIONS

- U-M Psychological Clinic, 500 E. Washington Street, Suite 100, Ann Arbor, MI 48104
- Ann Arbor Counseling Associates, 6276 Jackson Rd, D, Ann Arbor, MI 48103
- Washtenaw Early Childhood Trauma Informed Collaborative, Success by 6 Great Start Collaborative 1819 S. Wagner Rd. Ann Arbor, 48103, (734) 994-8100 x2177
- Family Crisis Center of Washtenaw, 2385 S. Huron Pkwy. Ste. 2N, Ann Arbor, MI 48104, 734-660-7059
- Washtenaw United Way, 2305 Platt Rd, Ann Arbor, MI 48104, Phone: (734) 971-8200
- Ozone House, 1705 Washtenaw Ave, Ann Arbor, MI 48104, Phone: (734) 662-2265
- Child Care Network, 3941 Research Park Dr, Ann Arbor, MI 48108, Phone: (734) 975-1840
- Arbor Woman, 625 E Liberty St #10, Ann Arbor, MI 48104, Phone: (734) 994-8863



Contact your case worker if you have questions. To Contact Avalon Housing call (734) 663-5858

Trauma-Informed Resources in Ypsilanti



Pin: Trauma-Informed Therapist
Arrow: Trauma-Informed Organization

Ypsilanti Public Bus System: <https://www.theride.org/>

TRAUMA-INFORMED THERAPISTS

- Naomi Zikmund-Fisher, 2048 Washtenaw Rd, Upper Level, Suite N, Ypsilanti, MI 48197, (734) 672-3296
- Perry C Francis, Porter Building, Suite 135, Ypsilanti, MI 48197, (833) 604-1365
- Kristal Reyes, 1st Step Referral Services, 110 Pearl Street, Ypsilanti, MI 48197, (734) 206-7368
- KS Baker Therapeutic Services, 120 N Huron St, Unit 1, Ypsilanti, MI 48197, Call Karyn Baker: (734) 547-6609
- Kimberly McCrea, 2048 Washtenaw, Upper Level, South Suite, Ypsilanti, MI 48197, (734) 681-3374
- Wise Mind PLLC, 127 N. Washington St., Ypsilanti, MI 48197, Call Wise Mind: (734) 206-7489
- Brooke Houser, Eunoia Mental Health, LLC, Ypsilanti, MI 48198, (734) 212-8031
- Loletha M. Lee, Ypsilanti, MI 48198, (734) 215-9938
- Intentional Counseling Services, 3150 Packard, Ypsilanti, MI 48197, Call Stacey Mack: (734) 666-6529

Additional providers who have specialty in trauma or are certified in trauma, are located in Ypsilanti, accept Medicaid, and are in the most affordable cost bracket on psychology today can be found using the URL or QR code below:



<https://www.psychologytoday.com/us/therapists/mi/ypsilanti?category=medicaid&sid=6245ecaf291d7&cost=1&spec=19&ref=21>

TRAUMA-INFORMED ORGANIZATIONS

- Hope Medical Clinic, Inc. 518 Harriet St., Ypsilanti, MI 4819, (734) 481.0111
- Midwest Wellness - Mental Health Services, 4870 Clark Road, Suite 100, Ypsilanti, MI 48197, (734) 219-5739
- The Counseling Training Clinic at EMU, Porter Building, Suite 135, Ypsilanti, MI 48197
- Washtenaw County Community Mental Health, 555 Towner, Ypsilanti, MI 48198, (734) 544-3050
- Corner Health Center, 47 N Huron St, Ypsilanti, MI 48197, (734) 484-3600



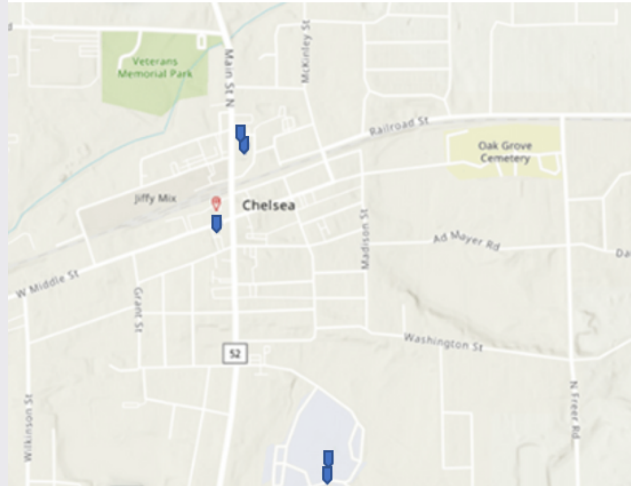
Contact your case worker if you have questions. To Contact Avalon Housing call (734) 663-5858

Trauma-Informed Resources in Chelsea

Chelsea Public Bus System:

<https://www.city-chelsea.org/community-services/transportation#~:text=The%20City%20of%20Chelsea%20does,WAVE%20operates%20within%20the%20City/>

SCAN ME



Pin: Trauma-Informed Therapist
Arrow: Trauma-Informed Organization

TRAUMA-INFORMED THERAPISTS

- **Anne Solari**, Chelsea, MI 48118, (734) 627-9201 x3
- **Emily Zimmer**, 140 West Middle Street, Suite C, Chelsea, MI 48118, (734) 562-0144

Additional providers who have specialty in trauma or are certified in trauma, are located in Chelsea, accept Medicaid, and are in the most affordable cost bracket on psychology today can be found using the URL or QR code below:



SCAN ME

<https://www.psychologytoday.com/us/therapists/mi/chelsea?category=trauma-and-ptsd&sid=6245f398aad20&cost=1&zipdist=20&spec=454&ref=21>

TRAUMA-INFORMED ORGANIZATIONS

- **St. Joseph Mercy Chelsea Behavioral Health Services**, 350 N Main St Ste 150, Chelsea, MI 48118, (734) 593-5251
- **Thriving Minds Family Services**, 350 N Main St #220, Chelsea, MI 48118, (734) 433-5100
- **Behavioral Health at Chelsea Health Center**, 14700 E Old US Hwy 12, Chelsea, MI 48118, (734) 593-5200
- **Transformational Choices**, 140 W Middle St, Chelsea, MI 48118, (734) 559-3540
- **Chelsea Health Center**, 14700 E Old US Hwy 12, Chelsea, MI 48118, (734) 475-1321



Contact your case worker if you have questions. To Contact Avalon Housing call (734) 663-5858