

PREVENTION PLAYBOOK

NOVEMBER 2023

The OSDE Prevention & Intervention Office is starting some easy-to-use targeted information that anyone can save for quick resources on their campus.

"...We are stewards not just of those who allow us into their lives but of our own capacity to be helpful..."



WHY IS STRESS MANAGEMENT IMPORTANT?

With 74% of people reportedly unable to cope with the levels of stress in their lives, stress management is more important now than ever. The psychological effects of stress result in 61% feeling anxious, and a worrying 32% with suicidal thoughts.

WHAT ARE THE MOST COMMON CAUSES OF STRESS?

- Pressure to Succeed – 60% Young Adults
- Self-Image – 49% of Young Adults
- Health – 36% of Adults
- Body Image – 36% of Women & 23% of Men
- Housing – 32% of Young Adults
- Work – 26% of Adults
- Debt – 22% of Adults

With such staggering statistics in mind, November's International Stress Awareness Week is a vital event for us all to recognize, particularly in the workplace where burnout is common. Especially when you are a caregiver working with at-risk youth.

Here is a quick fact sheet to help your school's staff:

[Suggestions for Prevention and Intervention for Burnout & Compassion Fatigue/Secondary Traumatic Stress/ Vicarious Traumatization \(unc.edu\)](#)