



What Is Stress?

Stress is a natural human response to demanding pressures or situations, causing bodily or mental tension that might affect everyday life.

More than this, stress is something we all face. Yet that stress does not need to control our lives.

This guide gives healthy ways to combat and manage it, helping you flip a new page for your life.

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About OUR TRANQUILITY GARDEN

In the summer of 2023, Our Tranquility Garden started as Morgan Palchick's Girl Scout Gold Award. The garden and materials all address one main issue: stress.

Through these resources, we hope you find ways to manage your stress and start living life just a bit fuller.



Our Tranquility Garden

Moving Your Body and Starting a Journal

MANAGING STRESS

Feeling stress is natural, and moving around is one of the most natural ways to process it. Any exercise boosts awareness—of your body, surroundings, feelings, thoughts—helping you ground and calm yourself.

Remember, no one style is better than the other. Whether a gentle walk through nature or a hard-core workout, moving around boosts your energy, optimism, and mood.

Get your blood flowing and your body moving; that is all it takes!

Moving Your Body



Your turn

PRACTICES & PROMPTS

Get Moving

Walking is a simple yet effective way to start. Try a stroll down the street or on a nearby path, like the cement ring of the Tranquility Garden.

With every step, focus on your movements and the world around you, centering yourself a little less on your stress.

Journaling

Grab an old notebook or even the notes app on your phone and try journaling. Here's a simple reflective prompt to start with:

Interview yourself about your worries, asking questions as if you were talking to a friend.

(What are you worried about? What might cause it? How does it make you feel?)

Starting a Journal



Putting your worries into words can help identify your emotions and stresses—a first step to mitigating them. Even if you throw a scramble of thoughts on your paper, you can better understand how you feel and why.

Journaling teaches you what triggers your anxiety. By finding the root cause, you improve your awareness of it. You better know that you are stressed and can remember that stress is not who you are.