STRESS MANAGEMENT

Effectively managing aspects of life can reduce the negative impact of stress.

MANAGE:

YOUR TIME
Feeling that there is not enough time can become overwhelming.

YOUR COMMITMENTS
Promising more than you can do can lead to non-stop pressure.

YOUR COMMUNICATION
Saying things in a constructive way can be a vent for stress.

YOUR COMMUNITY
Having people in your life can help you navigate life's difficulties.

TAKE AN "ALL OF THE ABOVE" APPROACH

Rather than choosing just one technique, sample several to see which one works best for you.

Try to practice for at least 20 minutes a day, but even just a few minutes can help. The more you practice relaxation techniques, the more you can reduce stress.

There is no single solution for stress. Dealing with it effectively can be challenging but...
YOU CAN DO IT!!!

REDUCING STRESS

Even if you can't change the stressful situation, you can change your response:

01. Take care of yourself – eat healthy, exercise, get plenty of sleep, take deep breaths, stretch, and meditate.
02. Make time to unwind – do activities that you enjoy.
03. Talk to others – share your problems and how you are feeling with those you trust.
04. Recognize when you need help – if problems continue, talk to a professional counselor.

FEELING STRESS IS NATURAL, THE KEY IS IN FINDING POSITIVE AND HEALTHY WAYS TO MANAGE IT.

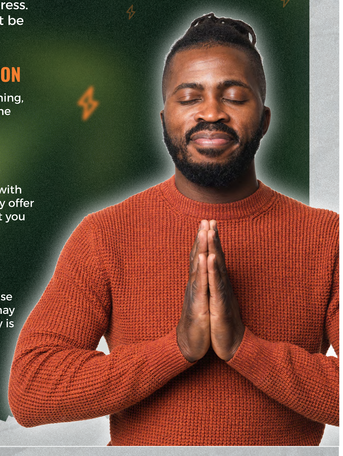
RELAXATION TECHNIQUES

Relaxation is the antidote for stress. Telling yourself to relax may not be enough. Techniques include:

01 MINDFULNESS MEDITATION
Sit comfortably, focus on your breathing, and bring your mind's attention to the present moment.

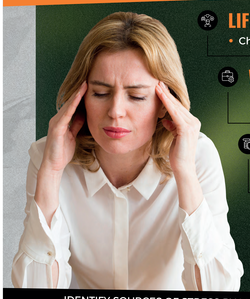
02 YOGA AND TAI CHI
These combine rhythmic breathing with postures or flowing movements. They offer a mental focus that can help distract you from racing thoughts.

03 REPETITIVE PRAYER
Silently repeat a short prayer or phrase while practicing breath focus. This may be appealing if religion or spirituality is meaningful to you.



IDENTIFY SOURCES OF STRESS

The first step to managing stress is to identify its sources:



LIFESTYLE
- Changes in sleeping
- Living conditions
- Eating

WORK
- Trouble with boss or colleagues
- Change in jobs or responsibilities
- Job insecurity

FINANCIAL
- Decreased income
- Job loss
- Increasing debt
- Loss of home or car

RELATIONSHIP
- Beginning/ending of relationship.
- Increased conflict
- New child
- Death in family

IDENTIFY SOURCES OF STRESS BY MAINTAINING A STRESS DIARY, WHERE YOU WRITE NOTES ON THE EVENTS THAT CAUSE YOU STRESS.

RELAXATION TECHNIQUES

Here are simple methods you can use anywhere to reduce stress:

01 BREATH FOCUS
Take long, slow, deep breaths. As you breathe, you disengage your mind from distracting thoughts.

02 BODY SCAN
After minutes of deep breathing, focus on one part of the body and mentally release tension you feel there.

03 GUIDED IMAGERY
Conjure up soothing scenes, places, or experiences in your mind to help you relax and focus.

FREE APPS AND ONLINE RECORDINGS CAN HELP YOU RELAX.

THREE STAGES OF STRESS

Stress is a state of tension caused by a difficult situation. Three stages:

01 ALARM REACTION STAGE
Facing a stressful event, fight or flight. Increased:
- energy level, heart rate, blood pressure, and blood sugar

02 RESISTANCE STAGE
Stressful events persist for an extended period. Result:
- poor concentration, irritability, and frustration

03 EXHAUSTION STAGE
Stressful events continue through the resistance stage. Result:
- burnout, fatigue, depression, and anxiety

AS STRESSFUL EVENTS PERSIST, THE BODY'S IMMUNE SYSTEM WILL CONTINUE TO WEAKEN.

SYMPTOMS OF STRESS

Stress is a natural response to difficult circumstances or traumatic events. Recognizing the symptoms is critical to managing it.

THESE INCLUDE:

- Feelings of sadness, anger, fear, and frustration.
- Changes in appetite, energy, and interests.
- Difficulty sleeping.
- Headaches, body pains, stomach problems, skin rashes.
- Worsening of chronic or mental health conditions.

PREVIEW