Stress Awareness

Stress Management

Importance of Stress Management

 Stress is something that everyone experiences, so learning how to cope with its effects is something that everyone needs to master for their own physical and mental well-being.

 Those who don't learn and use appropriate stress-management techniques can experience a variety of negative effects, including physical illness, psychological illness, damaged personal relationships, poor productivity and more.

Recognizing the Signs of Stress

- Stress is both a psychological and physiological response to change.
- It does not manifest itself the same way in everyone.
- Some people do not eat enough when they are stressed, while others binge-eat.
- Some develop insomnia during times of stress, while others sleep excessively.
- When your "ordinary" behaviors and responses change significantly as a result of life circumstances, chances are that you are experiencing stress.

Common Signs of Stress

- Pounding heart rate
- Shaking
- Inability to make decisions
- Inability to act
- Lack of focus
- Hyperactivity
- Appetite changes
- Sleep pattern changes
- Many other possible signs

Potential Stress Triggers



There are many potential triggers for stress, including the following:

- Increased responsibility
- Major life changes (Friends, relationship troubles, childbirth, death of loved ones, etc.)
- Relocation
- Financial pressures
- Job changes
- Natural and man-made disasters
- Many other factors

1. Relaxation Techniques

- Meditation
- Deep Breathing
- Visualization Activities
- Aromatherapy
- Massage Therapy

2. Exercise

- Aerobic activities
 - Running
 - Swimming
 - Zumba
- Anaerobic activities
 - Walking
 - Stretching
 - Yoga

3. Nutrition

- Eat a balanced diet.
- Stay hydrated with plenty of water.
- Avoid processed foods.
- Reduce caffeine consumption.
- Avoid alcohol.
- Take appropriate nutritional supplements.

4. Sufficient Rest

- Get plenty of sleep.
- Take a few short breaks throughout the day.
- Allow your mind to rest periodically.

5. Goal Setting

- Break major projects/tasks down into achievable goals.
- Set milestones for goal achievement.
- Track progress toward goal accomplishment.
- Reward yourself for progress.

6. Journaling

- Keeping a journal is a good way to keep stressors from building up inside yourself.
- Journaling also provides a way to make it easier to recognize circumstances and patterns that lead to stress reactions.
- Writing down stressors can be a great step toward learning how to manage them effectively.

7. Proactive Communication

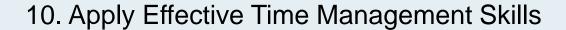
- Express your feelings to those who are involved in the stressful circumstances in your life.
- Discuss the circumstances you are facing with trusted friends and confidantes.

8. Seek Counseling or Therapy

- Seeking professional assistance when needed is a sign of strength.
- Working with a qualified therapist, counselor or other qualified mental health professional can be one of the best ways to learn how to deal with stress.

9. Deal with Circumstances

- Engaging in avoidance behavior is not an effective technique for stress management.
- Ignoring problems or pretending that things are fine when they are not only leads to greater stress in the long run.
- Managing stress effectively requires actually dealing with it and working through it.



- Take the time to get organized.
- Prioritize your to-do list.
- Learn to delegate.
- Leave time for yourself in your schedule.
- Learn how to say "no" to stress-inducing requests that are not essential.

Stress Management That Works for You

- Finding the stress management techniques that work effectively for you in the stressful situations that arise throughout your life can be a powerful resource for health promotion.
- Be mindful of when you experience stress, how it affects you and what actions best allow you to cope with its effects.