

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

10 Stress Management Techniques



1. Relaxation Techniques

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

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2. Exercise

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

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3. Nutrition

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

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4. Sufficient Rest

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

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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.

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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.

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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.

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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.

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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.

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10. Apply Effective Time Management Skills

- 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.