

CONCEPT: MANAGING STRESS




Managing Stress

- ◆ There are various healthy ways to manage stress, however not every strategy will work for _____.

Mindfulness

Being present and aware by focusing on thoughts, emotions and surroundings.

Emotions and Relationships

Managing Stress		
Strategy	What to Do	How it Helps
 Mindfulness	<ul style="list-style-type: none">▶ Journal & assess _____.▶ Practice self-compassion & positive self-talk.	<ul style="list-style-type: none">▶ Prepares you to better cope with stress.
 Deal with Anger	<ul style="list-style-type: none">▶ Express anger in an assertive way.<ul style="list-style-type: none">- Use ____ statements instead of _____.	<ul style="list-style-type: none">▶ Assertive way is healthier than expressing in aggressive way or suppressing it.
 Support System	<ul style="list-style-type: none">▶ Cultivate _____ relationships.	<ul style="list-style-type: none">▶ Helps buffer effects of stress.




EXAMPLE

To manage stress properly, you should first:

- Determine which stressor you can eliminate from your life.
- Identify and assess what causes your stress.
- Eliminate all stress from your life.
- Express your anger in any way that feels right to you.
- Talk to friends about the difficulties you are facing.

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Healthy Lifestyle

Managing Stress		
Strategy	What to Do	How it Helps
 Exercise	► Take a brisk 10 min _____.	► Releases endorphins, increases energy & improves mood.
 Healthy Nutrition	► Eat complex carbohydrates, lean protein, healthy fats. ► Avoid _____ caffeine & alcohol.	► Supports the body's ability to handle stress. ► Improves feeling of self-control and self esteem.
 Sleep	► Get _____ sleep.	► Helps feel refreshed and able to deal with multiple stressors.



EXAMPLE

Which of the following best explains how exercise helps to manage stress?

- a) Physical activity is mostly beneficial for physical health with no effects on stress.
- b) Exercise triggers release of cortisol (stress hormone), making the body more resilient to stress.
- c) Exercise promotes caloric expenditure, making you feel lighter.
- d) Physical activity releases “feel good” hormones, which improve mood and reduce stress.

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Discipline and Relaxation

Managing Stress		
Strategy	What to Do	How it Helps
 Manage Time	<ul style="list-style-type: none">▸ Schedule time & prioritize tasks.▸ Focus on ____ task at a time.▸ Keep work area clean.	<ul style="list-style-type: none">▸ Helps cope with everyday stressors and make time for self-care.
 Relaxation Techniques	<ul style="list-style-type: none">▸ Meditation▸ Yoga▸ Tai chi: martial art incorporates _____ breathing and mindfulness.▸ Biofeedback: making adjustments to physiological _____ by using a device to monitor them.	<ul style="list-style-type: none">▸ Lowers stress by affecting physiological functions.

EXAMPLE

Briana has learned how to adjust her heart rate, body temperature and breathing rate with the help of a monitoring machine. She is now successfully able to better manage her body's stress response. Which stress reduction technique is she utilizing?

- a) Tai chi b) Mindfulness c) Biofeedback d) Meditation

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PRACTICE

Which of the following time management strategies can help reduce stress?

- a) Prioritizing tasks and working on your favorite ones first.
- b) Multitasking to get more done in a short period of time.
- c) Prioritizing tasks and working on the most important ones first.
- d) Schedule all your available time, avoiding spending any time on self-care.

PRACTICE

During times of high stress, it's important to remember to:

- a) Keep healthy snacks in your bag.
- b) Drink plenty of caffeine to stay focused on tasks.
- c) Snack on delicious treats to make yourself feel better.
- d) Manage your time wisely, like skipping a meal if there is not enough time.

PRACTICE

Travis is frustrated with his roommate for not doing their share of the household chores. He's tired of the ongoing issue and wants to address it without causing further conflict. What is the best strategy for Travis to communicate his feelings?

- a) Ignore the issue, hoping the roommate will eventually notice and correct their behavior.
- b) Leave passive-aggressive notes around the house pointing out undone chores.
- c) Threaten to move out unless they start doing their share of the chores.
- d) Calmly discuss the situation with his roommate, using specific examples and "I feel" statements.