

Stress Management

What is stress???

It's tension... the kind you feel when faced with a new, unpleasant or threatening situation.

You can learn to manage Stress! So you feel:

- refreshed and renewed – instead of frazzled
- in control – instead of hassled
- calm – instead of nervous
- at peace – instead of angry
- alive – instead of burned out

How does stress affect you?

Your body: Over a long period of time, this built up tension can affect your health, possible contributing to:

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| ≈ Allergies | ≈ High blood pressure | ≈ Lack of energy |
| ≈ Heart Attacks | ≈ Nervousness | ≈ Headaches |
| ≈ Confusion | ≈ Depression | ≈ Mood changes |
| ≈ Increased use of alcohol and other drugs | | |

Some sources of stress:

*at your job

*in your personal life

*in your environment

Plan a personal stress management program:

- do something you enjoy
- set aside time for yourself

Some ways to reduce stress:

- exercise
- deep breathing
- hobbies – doing something you enjoy
- meditation
- hypnosis

Some other tips:

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| - Get enough sleep | - Work out anger |
| - Manage your time wisely | - Eat right |
| - Take a break | |

