

## Stress Management – Working Through Stress

Adapted from: <http://helpguide.org/articles/stress/stress-management.htm>

Stress can come in all ways, shapes, and forms. People can relieve stress when they are not in that situation. Working through stress during the moment can make your day better so it won't build up all day.

### Ways to work through stress

**Alter the situation.** Engage the situation instead of being passive.

**Communicate your feelings.** Be direct yet respectful so resentment doesn't build up.

**Be open to compromise.** Finding middle-ground will help everyone involved.

**Improve time management.** Developing better time management systems could lessen your stress.

**Adapt to the stressor.** Some stressors might not be able to be changed immediately – adapt!

**Reframe problems.** There can be positives found in almost any situation.

**Look at the big picture.** Will this stressor impact you in the long-term?

**Adjust your standards.** Set reasonable standards – perfectionism can be stressful!

**Accept things you can't change.**

**Don't try to control.** Focus on what you can control.

**Think positive.** Look for opportunities for personal growth.

**Learn to forgive.** Don't harness negative energy.

<b>How do you want to alter a stressful situation?</b>				
<b>How do you plan to adapt to stressors?</b>				
<b>What are some ways you can accept the unchangeable?</b>				

## Stress Management - Ways to Relieve Stress

Adapted from: <http://www.webmd.com/balance/stress-management/stress-management-relieving-stress>

The best way to manage your stress is to learn healthy coping strategies - start practicing right away! Try one or two until you find a few that work for you. Practice these techniques until they become habits when stressed.

### Ways to relax your mind

**Write.** Write for 10 to 15 minutes a day about stressful events & how you felt. Track your stress. This helps find your stressors. After you know, you can find better ways to cope.

**Let your feelings out.** Talking with friends, family, a counselor, or a member of the clergy about your feelings is a healthy way to relieve stress.

**Do something you enjoy.** Making time to do something you enjoy can help you relax.

- A hobby, such as gardening.
- A creative activity, such as writing, crafts, or art.
- Playing with and caring for pets.
- Volunteer work.

### **Focus on the present!**

**Meditate.** Focus on current situations while paying attention to your breathing.

**Use guided imagery.** Imagine yourself in any setting that helps you feel calm and relaxed. You can use audiotapes, books, or a teacher to guide you.

### Ways to relax your body

**Exercise.** Regular exercise is one of the best ways to manage stress. Walking & stretching are good starting points! Even everyday activities such as housecleaning or yard work can reduce stress.

### **Other techniques.**

**Breathing exercises.** These include roll breathing, a type of deep breathing.

**Muscle relaxation.** This technique reduces muscle tension. Relax separate groups of muscles one by one.

**Yoga, tai chi, and qi gong.** These combine exercise and meditation. Start slow & learn the positions.

<b>How do you want to relax your mind?</b>				
<b>Which people are your support system/outlets?</b>				
<b>How do you want to relax your body?</b>				
<b>Which techniques most interest you?</b>				

## Stress Management – Conclusion

Adapted from: <http://www.webmd.com/balance/stress-management/stress-management-relieving-stress>

### Stress Management Check List

After learning how to work through stress in the moment and how to relieve stress after, make sure you are staying on track with this check list.

<b>Positive Choices I Made Today:</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>	<b>Notes</b>
Updated stress journal								
Exercised for 30+ minutes								
Talked with a good listener								
Avoided unnecessary stress								
Altered stressful situation in a positive way								
Adjusted my attitude towards a stressor								
Accepted stressor I can't change								
Did an enjoyable stress relief								
Avoided self-medicating with alcohol or drugs								