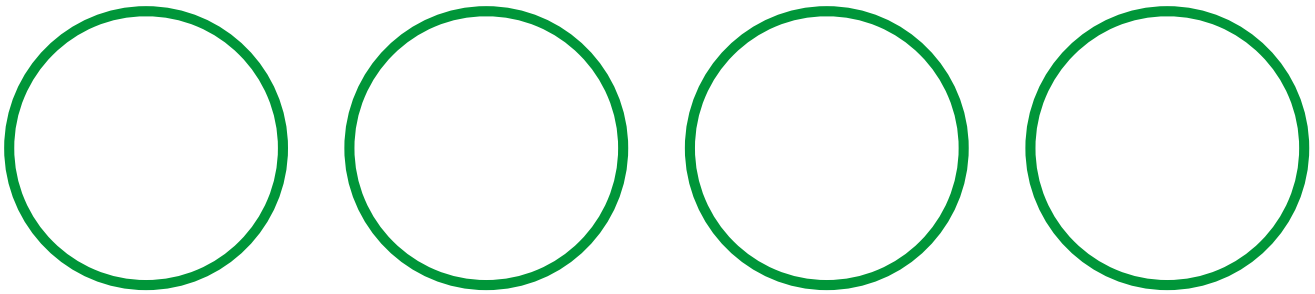


Stress Management

What is stress? Stress is an emotional and physical response to demanding situations, with symptoms that may include worry, feelings of being overwhelmed, and increased heart rate. Responses can be emotional and/or physical, including but not limited to headaches, insomnia and procrastination.

What are your largest stress triggers? Triggers are things or situations that cause us stress. Identify your largest sources of stress, or triggers.



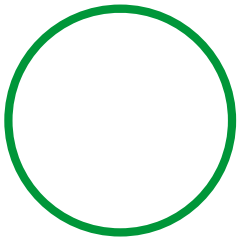
stress triggers

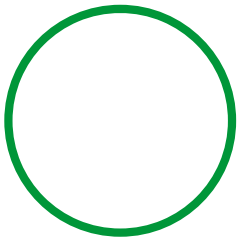
Identify symptoms you have experienced as a response to stress. Circle the symptoms or color in the circle.

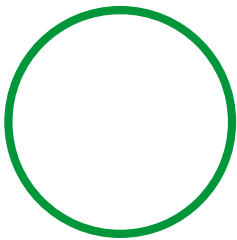
anger	anxiety	changed eating habits	depression	dizziness
fatigue	frustration	headaches	irritability	increased heart rate
indigestion	insomnia	muscle tension	social withdrawal	worry

Sometimes, talking to someone about things that are causing you stress can help you with coping. It can be good to talk with friends or someone you can trust about your worries.

Identify three people you feel you can speak to and trust. List how they can help.

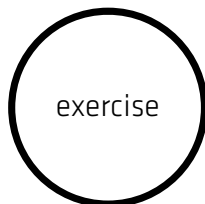
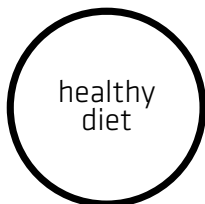
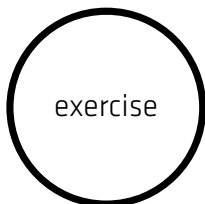
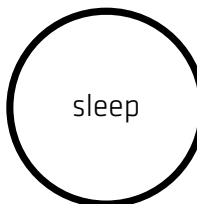
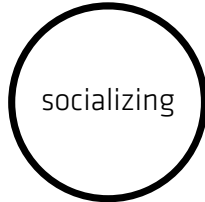


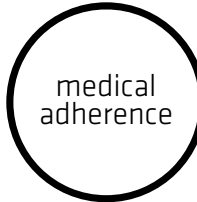






There are various things you can do to reduce your levels of stress. Eating a healthy diet, staying physically active, and getting enough sleep are factors in people's stress levels and overall health.

Identify basic needs that you engage in to keep up with your overall health. Circle the symptoms or color in the circle.

 exercise	 healthy diet	 exercise	 sleep
 socializing	 personal hygiene	 relaxation	 medical adherence

Stressors can cause emotional responses. It's important to learn how to handle unpleasant emotions as a result of stress. This doesn't mean ignoring the emotions, but rather learning how to cope in a healthy way.

What are some ways that you do, or can think of, to handle unpleasant emotions from stress?

Stress Management Tips

What can I do to reduce symptoms of stress? Stress is not always a bad thing. Stress can sometimes motivate us in problem-solving situations. What is important is learning how to manage stress. Here are some tips for managing stress and its symptoms:

Exercise



Exercising regularly can help reduce and avoid future symptoms of stress. It can also help if you are feeling tense. This includes making sure to slowly breathe in and out if you are feeling tense.

Healthy diet



Focus on the basics and eat well. A healthy diet provides the extra energy needed to cope with feelings of stress. Eating healthy may also reduce some symptoms of stress such as indigestion, insomnia, etc.

Sleep / relaxation



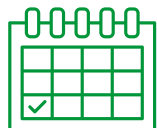
Make sure to keep a healthy sleep schedule. Also make sure to take the time to do things that help relax you. Take a warm bath/shower, go for a walk, or socialize. Avoid using substances such as alcohol.

Talk about it



Get in touch and talk to someone that you trust and feel you can comfortably share your thoughts with. Being with pets and petting them can help too.

Time management



Balance your time between the different areas of your life such as work, school, and your personal life by creating daily tasks and a schedule. Keep your goals and tasks realistic and prioritize. Start small, if you need to.