

STRESS MANAGEMENT

Stress is part of life

Stress is your body's response to change.
Stress is individual, different for each person.
Stress can also be caused by positive situations.

Stress Management

Be mindful, take a deep breath, focus on right now.
Let go of judgements and expectations.
Dwell on the present, not the past or future.
Look at your options...there are always options.

Did you know...
85 percent of health
problems are
related to stress?

Stress is a perception to the situation, not the situation itself

Change your perception and inner dialog by...

- Practicing deep breathing, stretching or yoga.
- Guided imagery, meditation or visualization.
- Relaxation, massage, or aromatherapy.

Manage stress by shifting your perception or interpretation of the stressful situation.
Choose an activity which can help you change your perception.



See the moment of stress as an opportunity to grow

Stress can make you feel unsuccessful, out of control, unappreciated or unworthy.
Recover your sense of achievement by doing something simple, small, or even physical:

Do something physical like walking, dancing, cleaning

Munch on fruits and vegetables

Break large tasks into smaller ones

Find an old coloring book and color

Watch nature, play like animals, birds, snow or rain fall

Blow bubbles or make a snow man

Take a nap

Play a little