

Managing Stress

Stress is an unfortunate, but inevitable part of life. Yet, there is hope! Learning to manage emotional and physical stress can serve as a catalyst for growth and healing as you mature! Use this guide to help you better understand, and manage your stress:

Identify the triggers.

What is causing your stress? (Relationships, children, career, health, etc.) If you can identify your trigger, you may be able to mitigate or prevent stress, or even shift your perspective.

List your triggers below:

1. _____
2. _____
3. _____

Stay connected.

Managing stress can be very lonely. Healthy relationships with friends or family who are supportive and caring can make a world of difference! You could also join a community (a church, a gym, a course) to make new connections. Some people find that even pets can help them feel more connected when loved ones are not nearby.

List (3) friends or communities below.

1. _____
2. _____
3. _____

Stay active.

Physical activity is a terrific release for stress. Take a walk, go to the gym, join an active class or head to the golf course!

List a few activities that you can accomplish.

1. _____
2. _____
3. _____

Choosing to keep active with friends can also help you achieve **step 2**—staying connected.

Take breaks.

Take a moment, to sit, breathe and refocus (not a bathroom break or running errands). When the body experiences stress, it is common for the body to develop unhealthy breathing patterns and habits. Shallow or rapid breathing are two huge culprits to remaining in a stressful state.

Take a break. Close your eyes. Breathe in – 1...2...3...4...5. Breath out – 1...2...3...4...5.

Taking a breath and regulating our minds and bodies serve as great ways to refocus on what we can accomplish, rather than what we cannot.

List (3) times that you can schedule a 5-10 minute break.

1. _____
2. _____
3. _____

Plan for fun.

Often, life can feel chaotic. Being overwhelmed with circumstances and having too much going on can lead to stress.

Plan for some fun! Plan a date night, an activity with others, baking, or whatever helps bring joy back into your life. Remember... keep plans simple and realistic so that you do not increase your stress.

List (3) things you can do for fun!

1. _____
2. _____
3. _____