Effectively Managing Stress

Interpersonal Studies
What is Stress?
How can learning about Stress Management help you succeed?
Common Symptoms of Stress

• stomachache
• sweaty palms
• nervousness

Can you think of more?
Common Signs of Stress

• nail biting
• over eating
• withdrawing from friends, family and activities
• sleeping too much
Sources of Stress during Childhood

- losing a pet
- parents divorce/separate
- a new school
- change in physical appearance (glasses, braces)
Sources of Stress during Adolescence

- school, tests, state exams
- disagreements with family or friends
- issues with peers
- physical problems
Sources of Stress during Adulthood

- starting/losing a job
- family member getting married
- moving to a new home
- family member having trouble with addiction
- financial problems
Sources of Stress during the Senior Years

- injuries/accident
- physical/health problems
- losing spouse/friends
Healthy Ways to Manage with Stress

• Talk to someone
• Go for a walk
• Listen to music
• Play with a pet
Healthy Ways to Manage with Stress

• Learn to manage time wisely in order to be productive.

• Avoid overload or doing too much at one time.
Healthy Ways to Manage with Stress

• Delegate work to others when possible.

• Prioritize tasks and deal with them one at a time.
Healthy Ways to Manage with Stress

• Reward oneself for completing or reaching a goal.

• Learn to relax by breathing deeply.
Healthy Ways to Manage with Stress

• Exercise

• Express feelings of concern to a friend, family member or counselor.
Healthy Ways to Manage with Stress

• Think positively and realistically to avoid worrying about things that cannot be changed.

• Maintain a nutritious diet.
Avoid self-medication to prescribing medication for oneself without either a prescription or the advice of a physician for using that particular drug.
Relax and Have FUN!

- Take a soothing bath
- Go see a movie
- Read a good book
- Write in a journal
- Get a massage
- Meditate
Healthy Ways to Manage with Stress

Quick Stress Relief
Techniques to assist you in managing stress
http://helpguide.org/toolkit/quick_stress_relief_video.htm

How to Manage Stress Effectively
Ways to determine techniques for managing stress.
http://youtu.be/ZHxPGgwixhg
References and Resources

- Pictures: Microsoft Office Online images

Websites:

- Causes of Stress
  Source: Changing Minds
  Stress affects us all. If you can spot the symptoms, you can manage them.

- Stress Guide
  Source: Helpguide- A Trusted Non-Profit Resource
  Stress can be overwhelming, damage you health, your relationships and your quality of life. You can protect yourself by learning how to recognize the signs and symptoms to reduce its harmful effects.
  http://www.helpguide.org/topics/stress.htm
References and Resources

Website:
Stress Management
Source: Help Guide, a trusted non-profit resource
How to reduce, prevent and cope with stress.
http://helpguide.org/mental/stress_management_relief_coping.htm

YouTube:
How to Manage Stress Effectively-ways to determine techniques for managing stress.
http://youtu.be/ZHxPgwixhg

Video:
Quick Stress Relief
Techniques to assist you in managing stress
http://helpguide.org/toolkit/quick_stress_relief_video.htm