



STRESS MANAGEMENT

WHAT IS STRESS??

A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.



DEFINITION OF STRESS MANAGEMENT

STRESS MANAGEMENT IS A WIDE SPECTRUM OF TECHNIQUES AND PSYCHOTHERAPIES AIMED AT CONTROLLING A PERSON'S LEVEL OF **STRESS**, ESPECIALLY **CHRONIC STRESS**, USUALLY FOR THE PURPOSE OF AND FOR THE MOTIVE OF IMPROVING EVERYDAY FUNCTIONING.

The background is a dark teal gradient. In the corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

HOW DO WE
MANAGE OUR
STRESS??



HOW DOES STRESS AFFECT US??

STRESS

The Nation's #1 Killer

Medically Proven Stress Contributes to:

- * Heart Disease
- * Strokes
- * High Blood Pressure
- * Colitis
- * Irritability
- * Rheumatism
- * Depression
- * Migraines
- * Diabetes
- * Hardening-
of the Arteries
- * Insomnia
- * Fatigue
- * Sex Problems
- * Skin Diseases
- * Allergies
- * Overeating
- * Asthma
- * Kidney Disorders
- * Ulcers
- * Breathing Problems
- * Increased Smoking

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WHAT CAUSES STRESS??



The background is a dark teal color with decorative white circuit-like lines in the corners. These lines consist of straight segments connected by small circles, resembling a network or data flow diagram.

SELF-INFLICTED STRESS???

The background is a dark teal gradient. In the corners, there are white line-art illustrations of circuit boards or neural networks, with lines connecting to small circles.

OVERTHINKING

**I'VE GOT 99 PROBLEMS AND 86
OF THEM ARE COMPLETELY
MADE UP SCENARIOS IN MY
HEAD THAT I'M STRESSING
ABOUT FOR ABSOLUTELY NO
LOGICAL REASON.**



Things I Cannot Control

Other People's Thoughts

Other People's Feelings

Things I Can Control

Other People's Words

Other People's Behaviour

My Thoughts
My Words
My Actions
My Behaviour
My Feelings

Other People's Actions

- GOODIDEAFAIRY.CO.UK

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ACCEPT THE REALIZATION
THAT WE CANNOT CONTROL
EVERYTHING

“Stuff Happens”

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HOW TO MANAGE YOUR STRESS...

ANTI STRESS KIT

**BANG
HEAD
HERE**

DIRECTIONS

- 1. Place on firm surface**
- 2. Follow directions in the circle**
- 3. Repeat until you are anti-stressed or become unconscious**



POSITIVE STRESS MANAGEMENT SKILLS

- Breathing Exercises
- Stretching
- Get Active
- Take a Nap
- Get Outdoors/Enjoy Nature
- Write in a Journal
- Clean Your Work Area
- Do Physical Work (Clean, Garden)
- Pray, Go to Church
- Listen to Music
- Read
- Sit Outside
- Go for a Walk or Run
- Attend a Social Event
- Go for a Drive
- Discuss Your Stress with Others



***IMPLEMENT TOOLS THAT CAN HELP YOU
MANAGE STRESS BETTER***

****IF YOU SEE IT, YOU WILL REMEMBER IT**

****MAKE LISTS**

****UTILIZE THE REMINDER ON YOUR PHONE**

****GO BACK TO “OLD SCHOOL” AND USE A
PAPER STYLE PLANNER**



POSITIVE STRESS MANAGEMENT EXERCISES

BREATHING EXERCISES

*If you are Stressed or
Falling Asleep try....*

6 Seconds Inhale through
the Nose

5 Second Hold

12 Second Exhale through the
Mouth

*If you are Tired or Need a Boost
try....*

6 Second Slow Inhale through
the Nose

No Hold

Forcefully Exhale through
Mouth

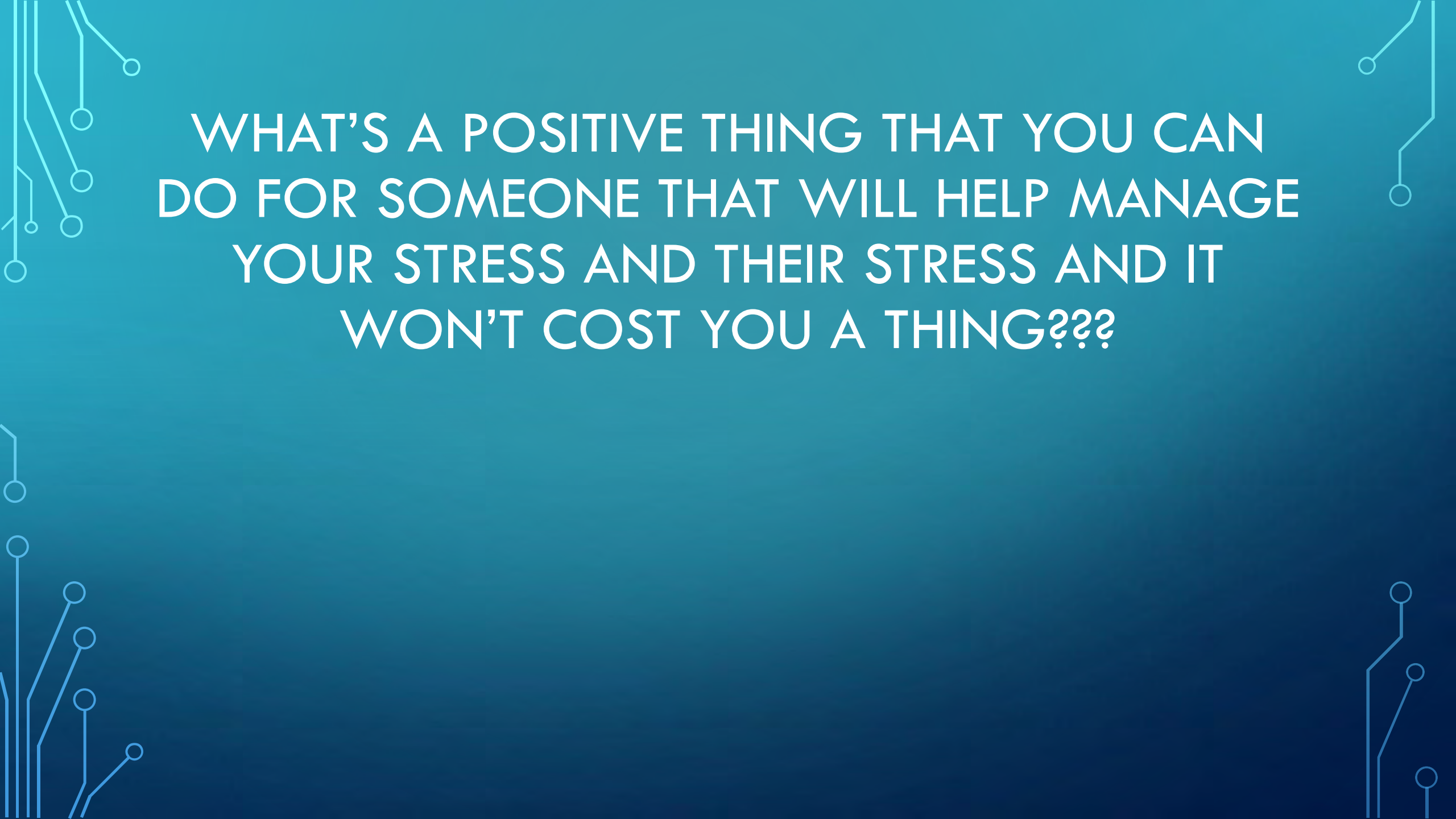
OUR NUTRITION AND STRESS MANAGEMENT

GOOD FOODS

- Vegetables
- Fruits
- Low-Fat Dairy
- Whole Grains
- Lean Meats
- Healthy Fats

FOODS TO AVOID

- Processed & Packaged Foods
- High Sugar Beverages
- Saturated Fats & Trans Fats
- Ingredients such as high fructose corn syrup and aspartame

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WHAT'S A POSITIVE THING THAT YOU CAN
DO FOR SOMEONE THAT WILL HELP MANAGE
YOUR STRESS AND THEIR STRESS AND IT
WON'T COST YOU A THING???

The image features a dark teal background with white, stylized circuit board traces in the corners. These traces consist of straight lines and small circles, resembling electronic components or data paths. The traces are located in the top-left, top-right, bottom-left, and bottom-right corners, framing the central text.

BE KIND

The background is a dark teal color with decorative white circuit-like lines in the corners. These lines consist of straight lines and small circles, resembling a stylized circuit board or network diagram.

"WHEN GIVEN THE CHOICE
BETWEEN BEING RIGHT AND BEING
KIND, CHOOSE KIND."

Always.



QUESTIONS???



**INTERNET DICTIONARY.COM

**WIKIPEDIA

**STUDY.COM

**A WRITER'S LIFE, KIMBERLY DERTING

**THE COMMUNITY TREE YOGA STUDIO

**GOODIDEAFAIRY.CO.UK

**WONDER, THE MOVIE

