

STRESS MANAGEMENT



SIGNS OF STRESS

- Tiredness and irritability
- Reduced quality of work
- Indecisiveness and poor judgment
- Loss of sense of humor
- Physical illness such as headaches, nausea, aches and pains
- Seeming jumpy or ill-at-ease, or admitting to sleeping badly
- Increased sick leave for work or school
- Changes in daytime patterns-perhaps by staying late at work or school



RELAXATION TECHNIQUES

Meditate - Sit up straight with both feet on the floor. Close your eyes. Recite positive mantras such as "I feel at peace" or "I love myself."

Breathe Deeply - Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure.

Slow Down - Spend time in the moment and focus on your senses.

Reach Out - Talk to others and share what's going on. You can get a fresh perspective while keeping your connection strong.

Tune In to Your Body - Mentally scan your body to get a sense of how stress affects it each day.

Decompress - Place a warm heat wrap around your neck and shoulders for 10 minutes.

Laugh Out Loud - A good belly laugh doesn't just lighten the load mentally. It lowers your body's stress hormones, which helps lighten your mood.

Crank Up the Tunes - Research shows that listening to soothing music can lower your blood pressure, heart rate, and anxiety.

Get Moving - All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals.

Be Grateful - Being grateful for your blessing cancels out negative thoughts and worries.