Stress Management Presentation

by

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What is Stress ?

- A state of mental tension and worry caused by problems in your life, work, etc.
- Something that causes strong feelings of worry or anxiety
- Physical force or pressure

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Social and job issues that can cause stress

- •Your surroundings

- •Your social situation.

- •Your job.

- •Unemployment.

- •Major life changes

- •Your relationships

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Negative Effects of Stress

- 1. Physical
- Weight gain/loss
- Unexpected hair loss
- High blood pressure

- 2. Emotional
- Mood
- Anxiety
- Can lead to depression
- Can also lead to unhealthy coping strategies (i.e. alcohol, drugs, etc)

Everyone has stress, because life isn't something we totally control.

- **The question is: Are you managing your stress?**

Tips to Ease Stress

- 1.Ask yourself what you can do about the sources of your stress. Think through the pros and cons. Take action where you can.

- 2.Keep a positive, realistic attitude. Accept that although you can't control certain things, you're in charge of how you respond.

- 3.Stand up for yourself in a polite way. Share your feelings, opinions, or beliefs, instead of becoming angry, defensive, or passive
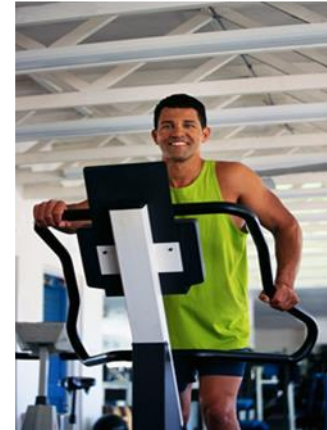
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Cont.......

- 4.Learn and practice relaxation techniques. Try breathing exercises, meditation,and prayer.

- 5.Exercise regularly. You'll feel better and be more prepared to handle problems.

- 6.Eat healthy. Avoid too much sugar. Focus on fruits, vegetables, and lean protein.

- 7.Try to manage your time wisely

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CONT…….

- 8.Say no, where you can, to things that would add more stress to your life.

- 9.Make time for hobbies and interests.

- 10.Get enough rest and sleep. Your body needs time to recover from stressful events.

- 11.Don't rely on alcohol, drugs, or food to help against stress. Ease up on caffeine, too.

- 12.Spend time with people you love.

- 13.Talk with a counsellor or take a stress management class for more help.

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I'm doing the following, what about you....and when are starting ?

The Key Word Is….

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