

# STRESS MANAGEMENT

## Definition

Stress is mental or emotional strain caused by any number of situations, including positive changes. Everyone experiences stress, so having coping mechanisms for stressful times is an important and relevant adult skill.

## Effects

Stress, especially chronic stress, can lead to mental, emotional, and physical problems, including difficulties concentrating, headaches, depression, weight gain, heart problems, etc.

## Stress Management

Stress management looks different for everyone. Having a variety of stress management techniques will help you better manage your stress. Included below are some techniques. (More detailed information is provided in the Works Cited section below.)

- The four A's: Avoid, Alter, Adapt, Accept
- Positive Self-Talk: Reword negative thoughts into more positive statements. For example: "I messed up. I'm terrible" to "I didn't do my best, but I have learned something from it and will be better next time." Consider having a personal mantra you rely on.
- Breathing technique: 5-5-5
- Mindfulness/meditation
- Exercise, even just a quick walk
- Yoga/chair yoga
- Doing something you enjoy
- Connecting with friends, family, nature, a pet, etc.
- Get enough sleep
- Break big projects into smaller pieces
- "What's the worst that can happen?" exercise

## Works Cited/For More Information:

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National Health Service. *Tips to Reduce Stress*. NHS, <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>.

Veterans Administration. *Chair Yoga for Stress Reduction*. VA, <https://www.warrelatedillness.va.gov/WARRELATEDILLNESS/clinical/integrative-health/ca/chair-yoga-handout.pdf>.

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YouTube. *Chair Yoga Video*. YouTube, uploaded by Laura Baumann Yoga, <https://www.youtube.com/watch?v=HMwg5qunhFO>.