# Learning to Manage Stress

Recognizing the Signs of Stress

* + Stress is both a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ response to change.
	+ It does not manifest itself the same way in everyone.
	+ When your “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” behaviors and responses change significantly as a result of life circumstances, chances are that you are experiencing stress.

4 Main Sources of Stress

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** Own thoughts is the #1 source for stress
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** Parent, peers
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** Noise background, construction, weather
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** not eating breakfast, lack of sleep

Two Types of Stress

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** good/positive stress, adrenaline is released.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** bad/negative stress, worrying

3 Ways to Deal/Cope

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the stressor
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your perception
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to deal with it

How Does the Body React?

 General Adaptation Syndrome GAS:

 Body’s response to stress

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** Fight or Flight response, adrenaline released into the bloodstream
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** Body attempts to regain balance

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(body tries to maintain internal balance)**

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** harmful body changes, lowers your bodies resistance to disease/illness

 **\* Key is to reach relaxation before exhaustion**

**Common Signs of Stress**

* + - Pounding heart rate
		- Shaking
		- Inability to make decisions
		- Inability to act
		- Lack of focus
		- Hyperactivity
		- Appetite changes
		- Sleep pattern changes
		- Many other possible signs

**10 Stress Management Techniques**

1. Relaxation Techniques

2. Exercise

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Sufficient Rest

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Journaling

7. Proactive Communication

8. Seek Counseling or Therapy

9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. Apply Effective Time Management Skill