# 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