Stress

What is stress management?

Everyone faces and responds to stress differently. There is no "one size fits all" solution to managing stress. If you feel like the stress in your life is affecting you strongly, it's time to take action. Let's look at some healthier ways to cope with stress, help you reduce its harmful effects, and prevent stress from spiraling out of control in the future.

Remember that **you always have control over your lifestyle, thoughts, emotions, and the way you deal with problems.** Ideally we want to prevent or change the stressful situation when possible, change your reaction when you can't, take care of yourself through good nutrition and exercise habits, and make time for rest and relaxation.

The first step is to recognize the true sources of stress in your life:

☐ Do you define stress as something other people or outside events cause?
☐ Do you define stress as part of your work or home life and/or your personality?
☐ Do you define stress as temporary?

Healthy ideas to manage stress:

✓ Get moving
✓ Get social
✓ Avoid unnecessary stress
✓ Alter the situation
✓ Meditate
✓ Take a yoga class

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Stress

Stress Relief Toolbox

Try to do one or more of these ideas each day, even if you are feeling your happy-self.

- ☐ Go for a walk
- ☐ Spend time outside
- ☐ Call a friend to catch-up
- ☐ Write in your journal
- ☐ Take a relaxing bath
- ☐ Light beeswax candles
- ☐ Enjoy a cup of chamomile tea
- ☐ Play with a pet
- ☐ Work in your garden

- ☐ Get a massage
- ☐ Curl up with a good book
- ☐ Listen to music
- ☐ Watch a comedy
- ☐ Relax with yoga
- ☐ Your idea: _____
- ☐ Your idea: _____
- ☐ Your idea: _____
- ☐ Your idea: _____

Activity Time

1. **Set aside relaxation time.**
   - What time of the day can I do this? _____
   - What activity can I do? _____ or _____
   Ideas: yoga, meditation, warm bath

2. **Do something you enjoy every day.**
   - What time of the day can I do this? _____
   - What activity can I do? _____ or _____
   Ideas: playing the piano, stargazing, reading

3. **Keep your sense of humour.**
   - What time of the day can I do this? _____
   - What activity can I do? _____ or _____
   Ideas: laugh at yourself, watch your favourite movie, play a game with family or friend

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