

Stress Management

Stress is a reaction to a real or imagined threat that the mind doesn't think the body has the resources to defeat. It can be **Acute** (come on quickly and go away quickly – think of a police officer putting lights on behind you and then passing you for another car) or **Chronic** (constant feeling of stress that can last for days or even weeks)



“

We can't control what happens to us, but we can control our reaction to it.

”

—Herbert Benson, M.D.

TYPES OF STRESS:

Episodic- Having to do with an episode like a wedding, first day of school, doctor appointment, or airplane flight

Environmental- Having to do with the environment like weather, traffic, clutter, or noise

External- Having to do with something outside of the body that is NOT episodic or environmental like an argument with a loved one, a broken plate, or children not listening

Internal- Having to do with something inside the body that is NOT episodic or environmental like being a perfectionist, negative thinking, or hopelessness



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TOP 10 STRESS RELIEVERS

1

Exercise

2

Talk to Someone

3

Breathe

4

Find Humor

5

Meditate

6

Yoga/Stretch

7

Proper Preparation

8

Create a Savings Plan

9

Reduce Sugar Intake

10

Drink Chamomile Tea

When you feel stressed try one of the following:

Relax- find a way to relax the body. This can be done through rest, disconnecting from media, or meditation.

Rejuvenate- Find a way to rejuvenate the spirit. This can be done through massage, nap/sleep, hot shower/bath, or using essential oils.

Respond- Find a way to respond that calms the mind. This can be done by being mindful of responses to others, acknowledging that 'it is what it is', or talking with a trusted friend or family member about the stress.



Do you know the 7 P's?

Proper **P**reparation and **P**lanning
Prevents **P**iss **P**oor **P**erformance

You can use this strategy for EVERYTHING you do and it is guaranteed to limit the amount of stress you feel.