Adult 101: STRESS MANAGEMENT

Learn to ease the squeeze
What is Stress?

Stress is the way your body reacts to a difficult or intimidating experience.
Different Types of Stress

Acute Stress:
• Feeling anxious or angry suddenly
• Tension headache
• Stomach problems
• Jump in blood pressure
Different Types of Stress

Chronic Stress:
This is a form of stress that can affect people everyday for years and years
What Can Cause Stress?

- Academic Stress
- Physical Stress
- Poor Self-Esteem
- Social Stress
- Stress Due to Family Problems
- Financial Stress
- Traumatic Events
- Drastic Changes in Life
- Peer Pressure
How to Avoid Stress

• Identify the source of stress:
  Knowing and accepting what is causing your stress can help you take control and work through it.
How to Avoid Stress

• Feeling stressed? Write it down in a stress journal:
  ▪ Cause of Stress
  ▪ How you Felt
  ▪ Your Response
  ▪ Remedy
How to Avoid Stress

Replace unhealthy strategies with healthy ones...
Unhealthy Stress Coping Strategies

Smoking

Using pills, drinking alcohol or drugs to relax
Unhealthy Stress Coping Strategies

Bingeing on junk food

Sleeping too much
Unhealthy Stress Coping Strategies

Withdrawing from friends, family and activities
Unhealthy Stress Coping Strategies

Taking out your stress on others
Unhealthy Stress Coping Strategies

Procrastination
Healthy Stress Coping Strategies

Get Moving!
Healthy Stress Coping Strategies

Maintain balance with a healthy lifestyle
Healthy Stress Coping Strategies

Make time for fun and relaxation
Healthy Stress Coping Strategies

Manage your time better
Healthy Stress Coping Strategies

Connect to others
Practice the 4 A’s of Stress Management

- Avoid Stress
- Alter Stressful Situations
- Adapt to Stressful Situations
- Acceptance
Now it’s time for an activity!

Breathing Exercises!
ANY QUESTIONS?