



Stress Management

Find Your Best Ways of Coping with Stress

Understanding Stress and What Causes Stress

Everyone has some stress. Whether you realize it or not, stress affects your body, feelings, and behavior. Does your head ache sometimes? It may be because you have stress in your life. It is important for you to recognize how you response to stress. Here are some common physical, emotional, and behavioral responses.

People also respond to stress in different ways at different times in their lives. The strengths and the resources available to them at the time will affect their response. What feels like a crisis one day may be easily managed on another day. Try to identify the causes of stress in your life. Writing down stressors and your responses may help you understand the relationship between them.



Give your stress wings and let it fly away.

-Terri Guillemets

Effects of Stress

Body	Feelings	Behavior
- Headache	- Restlessness	- Overeating
- Back pain	- Irritability	- Under eating
- Chest pain	- Lack of focus	- Increased smoking
- Stomach upset	- Burnout	- Social withdrawal
- Sleep Problems	- Forgetfulness	- Crying spell

Source: http://www.mayoclinic.com/health/stress-symptoms/SR00008_D

As you can see, stress can have a great affect on you.

What could be the stressors, or sources of your stress in your life? Lack of money, tight schedule, conflict with your partner... anything could put you under stress. What can be a stressor for one person might not be a stressor for another. It varies from person to person, depending on experiences, personalities, health and financial situations and the meaning the stress has for them.

Take Care of Yourself

Now you may know that your headache is because of a stressor you have. It is essential to take care of yourself, not to ignore messages from your body and heart. It may be hard to take time for yourself on busy days, but even a 10-minute rest helps. You can explain to your children why you need to take a break. Make sure that your children are supervised and safe while you take time for yourself. This not only helps you to be refreshed, but also prevents your stress from spilling over your children.



Tension is who you think you should be.
Relaxation is who you are.

-Chinese Proverb



Sometimes the most important thing in a whole day is the rest we take between two deep breaths.

-Etty Hillesum

What works for you?

What can you do during your 10-minute break to reduce your stress level? Everyone has his/her own methods of managing stress. Reflect what you have done to manage stress and what has worked for you. Share these coping strategies with your family members or friends. They might tell you about a unique, effective way that worked for them. Try different methods and see what works for you.

Some tips below may help you identify your best coping strategies. Finding what works best for you is the best way to start!



Tips for Stress Management

- **Eat healthy**
Eat nutritious meals in a relaxed environment.
- **Get some exercise**
Take a few minutes to walk, do yoga, stretch your body, or do what exercise you like. Start small. Increase the time and the effort over time.
- **Sleep well**
Aim for 8 hours of sleep each night. If you don't get enough sleep at night, take a short nap during the day.
- **Get support**
Talk to someone about your concerns. Ask your friends, family members, or community service providers for help.
- **Time management**
Prioritize your tasks and visualize your schedule.
- **Relaxation**
Take time for deep breathing, meditation, a hot bath, reading and listening to music.

