Follow this 3-step system to manage your stress in a healthy way!

STEP 1:

IDENTIFY THE STRESSORS IN YOUR LIFE
Are there certain situations, circumstances,
relationships or responsibilities that are
acting as stressors in your life right now?

STEP 2:

DETERMINE WHICH STRESS MANAGEMENT
TECHNIQUES HAVE AND HAVE NOT WORKED FOR
YOU IN THE PAST.

Assess whether or not they were healthy strategies.

Healthy stress management technique assessment:

- ☐ The technique was effective
- ☐ It did not prevent me from dealing with the stressful situation
- It did not create more stress for me or others
- \Box It did not put me or others at risk
- ☐ It had positive long-term effects
- It did not use more resources (financial, physical, emotional, etc.) than I could afford

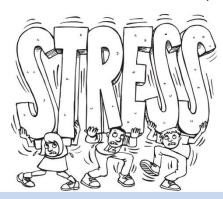
STEP 3: TAKE ACTION!

EXPLORE NEW, POTENTIAL STRESS MANAGEMENT TECHNIQUES AND TRY THEM OUT!

Determine what works for you!

De	Set boundaries in stressful relationships Evaluate priorities in an over-committed schedule	*	Physical Activity! Exercise (yoga, walking, running, stretching) Non-competitive sports	* *	Creativity Journaling, drawing, writing Hobbies Engage the five senses! (aromatherapy, get outside)
* * * * * * * * * * * * * * * * * * *	Self-care & Socializing Healthy diet Positive self-talk Make time for the things you enjoy! Vent to a friend, family member, mentor, counselor	* * * * * *	Time management Plan ahead Prioritize tasks and responsibilities Schedule "me time" Decrease procrastination Set goals & reward yourself when goals are met Use a planner	* * * *	Relaxation Passive/Progressive Muscle Relaxation exercises (find them on YouTube) Meditation Deep breathing Get your sleep!

Remember: When developing stress management techniques, keep in mind that the effectiveness of the strategy is unique to each situation, stressor and individual. Finding the right strategy for you will involve trial-and-error, exploration and creativity!

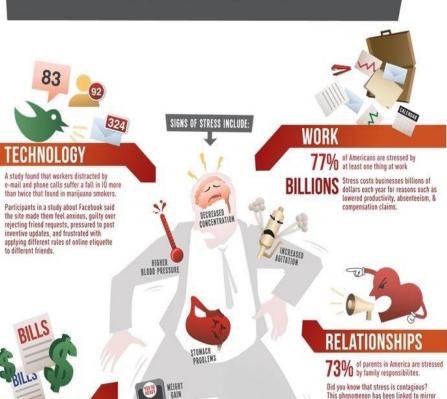


Adapted from: InnerHealthStudio.com March 2014

THE EFFECTS OF STRESS AND WHAT YOU CAN DO ABOUT 17

No surprise — stress is a major issue affecting most of the U.S. population. Though it's everywhere, many people aren't aware of its impact on health, wellbeing, careers and relationships. Stressors hit people in different ways, and there's no single solution.

But there are many ways that we can manage life to keep stress in check.



76% of Americans are stressed out about money.

A 2010 study found that paying bills and managing accounts is the most stressful household task - even worse than housecleaning!

WHAT YOU CAN DO ABOUT IT

Stress can be crippling, but successful stress management can make drastic improvments in your life. One study found that a major characteristic consistent among people who live to 100 is the ability to manage stress. Want to be among them? Then try the simple tips below.

SOMEONE WITHOUT STRESS:

EXERCISE

48% of adults exercise or walk to manage stress.

If your schedule doesn't allow for regular trips to the gym, try parking further away and walking to work, taking the stairs, or stretching at your desk to relieve tension.



ORGANIZE

Stop stress before it starts: a survey investigating the most effective stress management techniques revealed that planning is the #1 way to minimize stress.

Clutter in your physical environment can affect your mood and productivity. Clearing your work space just might help you clear your mind, too.



TAKE CHARGE

neurons, brain cells involved in empathy

reactions.

Feeling out of control is a top stressor. So try focusing on what you can control. Set small, achievable goals that give you a sense of daily accomplishment.

Learn to say "NO." Taking on new tasks when you're already busy may seem helpful, but too much on your plate is likely to decrease the quality and volume of work you actually accomplish.







Taking "me time" is one of the most

popular ways that Americans tackle their stress:

relax with

35% video games

49% listen to music

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