



SHARON VERMEER CDM CFPP

VER9135@MTCNET.NET

LIFE.

**IT'S SO
STRESS-
FULL!!!**

OBJECTIVES

- Understand the Causes of Stress
- Define Aspects of Stress
- Review Strategies for Handling and Reducing Stress

**TODAY IS NATIONAL
DESSERT DAY!**

DESSERTS

STRESSED



A close-up photograph of a person's legs and feet as they walk a tightrope. The person is wearing light blue trousers and dark, polished leather shoes. A thick red rope is stretched diagonally across the frame, serving as the tightrope. The background is a plain, light-colored surface.

**ARE YOU WALKING ON
THE TIGHTROPE? OR
FALLING OFF IT?**

WHAT IS IT?



Stress is your body's way of responding to any kind of demand or threat.



Fight or Flight



Stress is the body's way of protecting you!



Stress can help you rise to meet challenges

CAUSES OF STRESS

- Covid!
- Health
- Family/ Relationships
- Money
- Work
- Poor Nutrition
- Media Overload
- Sleep Deprivation

PHYSICAL SYMPTOMS OF STRESS

- Fatigue
- Headache
- Upset Stomach
- Muscle Tension
- Change In Appetite
- Teeth Grinding
- Change in Sex Drive
- Feeling Dizzy

TOP PSYCHOLOGICAL SYMPTOMS OF STRESS



Irritability or Anger



Feeling Nervous



Lack of Energy



Feeling as though you could cry

I'M STRESSED
OUT!
WHAT DO I
DO NOW ?



REDUCING OR AVOIDING STRESS



Change the circumstances
causing your stress



Change your attitude



Change your lifestyle

PROBLEM FOCUSED COPING



Reassess Your To-Do Lists



Get Social Support



Cut Out Things that Add Stress to Your Life

RELIEVING STRESS: SHORT-TERM STRATEGIES

Can Be Performed Anywhere



Take Very Little Practice to Master



Are Free



Provide Immediate Relief





GUIDED IMAGERY: TAKE A LITTLE VACATION IN YOUR MIND!

MEDITATE





PROGRESSIVE MUSCLE RELAXATION



FOCUS ON BREATHING

A scenic landscape featuring a wooden boardwalk that winds through tall, golden-brown grass dunes. The sun is low on the horizon, creating a warm, golden glow and long shadows. The sky is filled with soft, white clouds. The boardwalk leads the eye from the foreground into the distance, where it disappears into the dunes.

TAKE A WALK

AT HOME ...

- Get a Hug from a Loved One
- Enjoy Aromatherapy
- Create Artwork





RELIEVING STRESS: LONG-TERM STRATEGIES

EAT A BALANCED DIET



MAKE TIME FOR LEISURE ACTIVITIES



DEVELOP A POSITIVE SELF-TALK HABIT





PRACTICE YOGA




EXPRESS GRATITUDE



PRIORITIZE EXERCISE

IN THE NEXT 30 DAYS...

- Set priorities
- Delegate
- Get organized
- Set short-term, reachable goals
- Say No
- Focus on the positive
- Laugh!
- Listen to Music
- Skip perfection
- Save time for yourself



JUST WHEN YOU FEEL
YOU HAVE NO TIME TO
RELAX, KNOW THAT THIS
IS THE MOMENT YOU
MOST NEED TO MAKE
TIME TO RELAX.

MATT HAIG, REASONS TO STAY ALIVE