

Healthy Living

Topic of October

STRESS MANAGEMENT

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Stress: How the body and brain respond to any demand. - NIH

Did You Know?

- ❖ Not all stress is bad. Stress can motivate people to prepare or perform. - NIH
- ❖ Different people may feel stress in different ways. - NIH
- ❖ Physical activity is a proven way to reduce stress. - ADAA

Types of Stress

According to the [American Institute of Stress](#) (AIS), there are 4 types of stress.

- ❖ **Acute Stress:** Fight or flight. The body prepares to defend itself. It takes about 90 minutes for metabolism to return to normal when the response is over.
- ❖ **Chronic Stress:** Stress due to daily living (bills, kids, jobs, etc.). This is the stress we tend to ignore. However, overtime this stress can affect your body and immune system.
- ❖ **Eustress:** Stress in daily life that has positive connotations such as: marriage, promotion, baby, new friends, graduation.
- ❖ **Distress:** Stress in daily life that has negative connotations such as: divorce, injury, financial issues, work difficulties.

Four A's of Stress Management

- ❖ **Avoid** unnecessary stress if possible. Know your limits and how to say no.
- ❖ **Alter** the situation. Be willing to compromise and communicate.
- ❖ **Adapt** to the stressor. Look at the bigger picture and adjust your standards.
- ❖ **Accept** the things that you cannot change. Reflect and learn from past experiences, practice forgiving, and share your feelings.

*Go to helpguide.org/articles/stress/stress-management.htm and/or adaa.org/understanding-anxiety/related-illnesses/stress for more info!

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Two Types of Healthy and Positive Coping

Problem Focused: Efforts to alter or manage problems causing any stress

Emotion Focused: Regulating emotional responses to the problem that may be causing any type of stress

Challenge of the Month

Step outside of the box and objectively identify stressors and manage to overcome them one at a time.

Stress Managing Activities

- Music Therapy
- Journaling
- Meditation
- Exercise
- Mindfulness
- Self Awareness
- Social Support
- Diet

To learn more visit the AIS!



The American
Institute of Stress

Words of Wisdom

“Control the Controllables and Avoid the Avoidance – not coping can lead to increased stress causing illnesses, injury and poor quality of life.”

-Unknown