



# STRESS MANAGEMENT TECHNIQUES

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

Discuss what Stress is.

1. Stress is anything that poses a challenge or a threat to our well-being.
- 2. **Some stresses are good for you** - without any stress, many say our lives would be boring and probably feel pointless. Unfortunately when stress undermines both our mental and physical health they are bad.
  - When we are stressed the following happens:
    - Blood pressure rises; Breathing becomes more rapid
    - Digestive system slows down; Heart rate (pulse) rises
    - Immune system goes down; Muscles become tense
    - We do not sleep (Heightened state of alertness)
3. Overcoming Fear of Failure– Face Your Fear & Move Forward.
  - **Analyze All Potential Out Come:**
  - **Learn to think more positively:**

4. Imagery – Mental Stress Management.

- Use your imagination to picture a person, place, or time that makes you feel relaxed, peaceful and happy.

5. Using Affirmations – Harness Positive Thinking.

- Affirmations are positive statements that help overcome negative thinking and self sabotaging behavior. They target a specific area, behavior, or belief that you're struggling with.

6. Get a Good Night of Sleep: Helps reduce stress.

- Poor-quality sleep can quickly lead to reduced performance at work from reduced concentration, poor memory, diminished motivation, impaired judgment and irritability.