



STRESSORS AND RELIEVERS

(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)

What is Stress?

- Stress is the emotional and physical way in which we respond to pressure.
- Stress is your body’s response to anything that disrupts your normal life routine.
- Stress is mental, emotional, or physical strain caused, e.g. by anxiety or overwork.

What are some things that can cause stress?

- Financial Problems
- Marriage Problems
- Health
- Promotions
- Overworked
- Lack of Sleep
- Unhealthy Eating Habits

Ways that can help relief stress.

- Budget: balance your finances, adapt to the cost of living here at FT. Irwin.
- Take care of yourself: get enough of sleep, exercise and eat healthier.
- Have a positive outlook: have a positive “can do” attitude to keep your stress level under control. Focus on things that make you feel good to keep you from dwelling on negative thoughts.
- Time management: balance professional and personal life. Make time, invest in family/marriage and things you enjoy doing.
- Prepare for Promotion: promotion require diligence and preparation. Make the effort, in advance, to know and understand what is expected for the next rank.