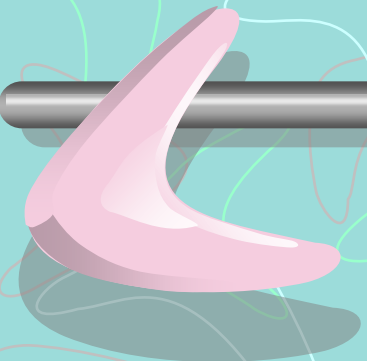


Stress Management



Dealing with Stressors, Methods
of Coping, Stress Breaks,
Depression and Suicide

Stress

- Body's reactions to any demand placed upon it.
- Can be GOOD, can be BAD!!



Dealing with Stressors



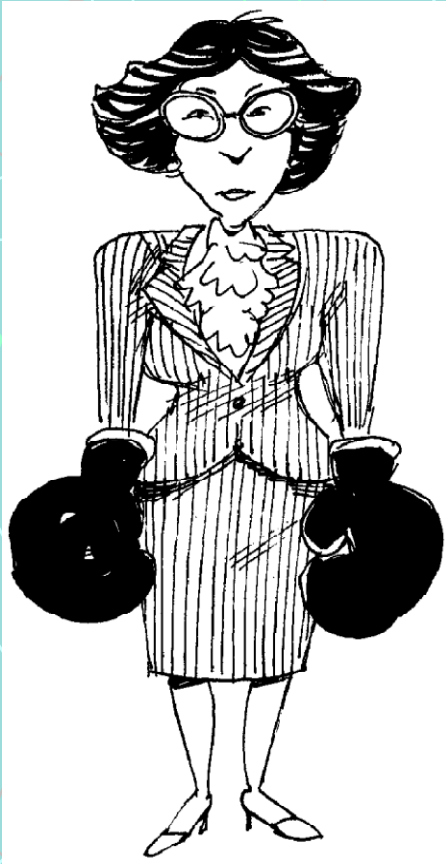
- Step 1
 - Identify the stressors
- Step 2
 - Identify your control
- Step 3
 - Eliminate stressors if possible
- Step 4
 - Build skills to deal with it



Symptoms of Stress

- Accident Prone
- Anger/Irritable
- Anxiety
- Blushing
- Clammy hands
- Dry mouth
- Diarrhea/Constipation
- Eating disorders
- Guilty Feelings
- Lack of interest
- Talking to much/fast
- Tic in eye
- Stomach cramps
- Nervous Coughs
- Headaches
- Procrastination

Methods of Coping with Stress



- Change Life Style
- Eat/Sleep/Exercise
- Talk about concerns
- Take a mini vacation
- Use humor
- Plan some self-time
- Eliminate bad habits
- Balance work and play

Stress Breaks

- 10 Seconds
 - Identify what is annoying you
 - Tell yourself “I don’t have to get annoyed over this”
 - Take two easy breaths, counting 1-4 as you inhale/exhale
 - Relax tense spots
 - Stretch, resume activity



Stress Breaks

- 20 Seconds
 - Sit down, deep breath
 - Gently shake head
 - Take a few more deep breaths saying “relax” or “be calm”
 - Resume activity, but be more calm



Stress Breaks

- 2 Minutes
 - Take two deep breaths
 - Relax tense spot AMAP
 - Head rotations
 - Shoulder Rolls
 - Recall a pleasant thought or memory for 10-15 seconds
 - Deep breath, resume activity



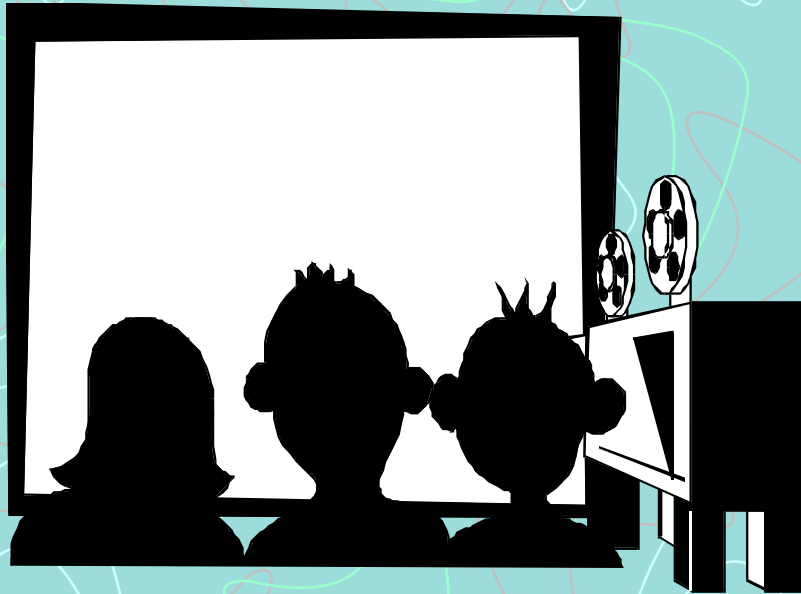
Stress Affects...



- Emotionally
- Physically
- Intellectually
- Behaviorally



Depression and Suicide



- Watch the video



Suicide



- If a friend swore you to secrecy and then told you that he or she was thinking about committing suicide, would you keep it a secret or tell someone?



Reducing Your Stress



- Improve relationships
- Organize Life
- Get plenty of rest, food, and exercise.
- Combat Emotional Stress