

Stress Management

Condensed Version

Stress can do damage to the body and soul. Learning how to relieve stress and anxiety is something that all should strive for. So, take a “chill pill” and a few deep breaths and start managing your stress!

What is Stress, Exactly?

Stress is a normal physical and psychological reaction to the demands of life. All of us experience stress at one point or another through our day, week, month, and year.

It’s an alarm system, or sorts, to protect the rest of the body.

Causes of stress come from “stressors”, or situations and pressures. Some common stressors are:

- A rocky relationship
- Getting married
- Going to college
- Financial issues
- Pessimism
- Negative self-talk

There are also different types of stress: time, anticipatory, situational, and encounter.

Finally, the symptoms can be overwhelming. Loneliness and isolation, overwhelmed, racing thoughts or anxiety, aches and pains, eating less, and feeling withdrawn from society, to name a few.

ACTION STEP – Consider writing in a journal the answer to these three questions:

1. What type of stress do you mainly struggle with? Time, Anticipatory, Situational, or encounter?
2. What are the stressors in your life that are wreaking havoc?
3. Are there any symptoms that you are currently experiences that you've now identified?

Stress Management Techniques

Stress relief techniques can help you gain control of your stress. Here are some great stress techniques that you can start applying into your daily life:

1. Identify your stress triggers
2. Practice R.A.A.R – Remove, Adjust, Adapt & Roll
 - a. Remove Unnecessary Stress
 - b. Adjust the Situation
 - c. Adapt to the Stressor
 - d. Roll with the Punches
3. Time Management is Equally Important
4. Exercise is Incredibly Important



5. Fun & Relaxation MUST Be a Priority
6. A Healthy Lifestyle Can Be Obtained
7. Make Connection with Others

ACTION STEP - Apply these stress reduction techniques into your life and experience the benefit of less stress!

Stress Relief Tips

There are a ton of fantastic ways to relieve stress. Some of them include starting a stress journal or diary, meditation, relaxation techniques, and physical exercise.

Want a few bonus stress relief tips? [Download our stress toolkit](#) and get...

- A Checklist to Ensure a Good Night's Sleep
- 7 Ways to Get Exercise Without Ever "Working Out"
- A Stress Reducing Foods List
- Regular Tips to Help You Gain Power OVER Life

Final Thoughts

For most of us, there is stress in the workplace, at home, and other areas of our lives. Learning different ways to deal with stress can help you **start *managing* stress, and not letting it manage you!**

Take these techniques and tips to heart and start handling stress in your life the right way.

Learning how to handle stress is a key life skill that puts YOU in control...and once you have that control, then you truly have [POWER OVER LIFE!](#)

