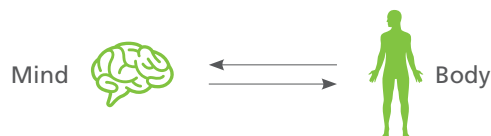


Stress Management

STRESS FACTS

- Stress can be motivating and engaging.
- Stress is accumulative. Your body may still be recovering from a significant stressor of a year ago.
- Too much stress without time to recover can be debilitating.
- Too much stress can affect us where we are most vulnerable: physically, mentally, and socially.

THE MIND-BODY CONNECTION



Experts have found that activities that link the mind to the body are the most beneficial at reducing stress. The following techniques aim to utilize the power of the mind-body connection.

RELAXATION TECHNIQUES TO REDUCE STRESS

Breathe & Focus

1. Take long, slow deep breaths with increasingly longer exhalations.
2. Gently disengage your mind from distracting thoughts.
3. Kindly bring your mind back to your breath.

BODY SCAN



1. Combine breath/focus with progressive muscle relaxation.
2. Move from muscle to muscle and mentally release any physical tension.

MINDFULNESS MEDITATION

1. Sit comfortably.
2. Focus on your breathing.
3. Bring your mind's attention to the present moment without drifting into concerns about the past or future.
4. When your mind wanders, kindly bring it back to your breath.

REPETITIVE PRAYER OR PHRASE

Silently repeat a short prayer or phrase while focusing on the breath.

- May I be well • May I be happy •
- May I be peaceful • May I be loved •

YOUR RELATIONSHIP WITH STRESS

Studies show that how you perceive stress predicts whether stress hurts or helps you. If you believe stress is helpful, you can use it as fuel. If you believe stress is harmful, you will likely struggle.

How do you see stress?

How could you shift to seeing stress in a more positive way?

CONNECTION WITH OTHERS



Stress can inspire connection with others via oxytocin, the neurotransmitter associated with empathy. Purposefully connect with those around you.

Contact

Email: eap@imail.org, Free confidential counseling services and 24/7 crisis hotline.



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