

## **Stress Less**

Stress is your body's way of responding to a challenging situation. You can't entirely avoid stress, but you have more control over it than you may think.

### Why is managing stress important to me?







with others



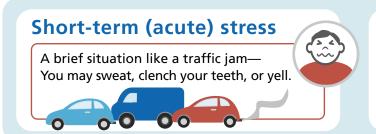
Be more productive Be more optimistic and grateful



Be happier

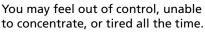
Have more S peace of mind

What causes stress — and how do I recognize it?





An ongoing situation like money problems or family conflict—





### Proven ways to help manage stress

Focus on things you can control.

### Daily self-care

Your body Your





#### Learn skills

What skills would help you manage your stress?



#### **Get support**



# You Can Learn to Manage Stress

Focus on what you can control and make a plan.

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Pick something you want to do now.	I want to try:		Be honest with yourself about what you are really ready to work on.
Now set up an experiment to learn what works for <i>you.</i> You'll learn by trying and creating your own formula. Follow the steps below.			
1 Make a Plan. Planning out the details will help you succeed.			
Pick a small step		Prepare	Think ahead
Pick a small step toward your goal.		What resources could help? (Time? Money? A class?)	What might get in the way or make this harder?
Connect this step to a prompt. (When will you do this within your day?)		Who will support you? (A friend? A support group? A counselor?)	What can you do when that happens?
		What changes to your environment would help?	What will inspire you to keep going?
2 Act and Track. Try out your step for a defined period.			
Start date:		How will you keep track of what Who will you be accountable to?	•
Reflect and Adjust. How did that work? You can learn from whatever happens.			

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There's no failure if you keep learning. Adjust your plan and keep going.



How did it go, and what did you learn?

Be sure to celebrate what you accomplished and what you learned.

How will you adjust your next step?\_

..... Keep trying and learning