

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?

Have more peace of mind	Sleep better	Enjoy time with others	Be more productive	Be more optimistic and grateful	Be happier

What causes stress — and how do I recognize it?

<p>Short-term (acute) stress</p> <p>A brief situation like a traffic jam— You may sweat, clench your teeth, or yell.</p>	<p>Long-term (chronic) stress</p> <p>An ongoing situation like money problems or family conflict— You may feel out of control, unable to concentrate, or tired all the time.</p>
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Proven ways to help manage stress

Focus on things you can control.

<p>Daily self-care</p> <table border="0"> <tr> <td style="width: 50%;"> <p>Your body</p> <ul style="list-style-type: none"> Be active Eat well Sleep well </td> <td style="width: 50%;"> <p>Your mind</p> <ul style="list-style-type: none"> Meditate Take time to relax Connect to your life purpose </td> </tr> </table>	<p>Your body</p> <ul style="list-style-type: none"> Be active Eat well Sleep well 	<p>Your mind</p> <ul style="list-style-type: none"> Meditate Take time to relax Connect to your life purpose 	<p>Learn skills</p> <p>What skills would help you manage your stress?</p> <p>Examples:</p> <ul style="list-style-type: none"> How to manage time or money How to resolve conflicts How to move from worry to action 	<p>Get support</p> <ul style="list-style-type: none"> Be with people who support you Learn from others Ask for help <p>Call 2-1-1 to be referred to a person or agency for help.</p>
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You Can Learn to Manage Stress

Focus on what you can control and make a plan.

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 *you*. 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

Pick a small step toward your goal.

Connect this step to a prompt. (When will you do this within your day?)

Prepare

What resources could help? (Time? Money? A class?)

Who will support you? (A friend? A support group? A counselor?)

What changes to your environment would help?

Think ahead

What might get in the way or make this harder?

What can you do when that happens?

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 you do? _____

Review date: _____ Who will you be accountable to? _____

3 Reflect and Adjust. How did that work? You can learn from whatever happens. There's no failure if you keep learning. Adjust your plan and keep going.

How did it go, and what did you learn? _____

How will you adjust your next step? _____

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

Keep trying and learning

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