

Ways to Reduce Stress

1. Body Scan: Become Aware of physical location of stress:
 - a. Tight neck, upper back= pressure of others
 - b. Tight stomach= fear
 - c. Tight jaw- anger
 - d. Tight breathing, chest= fear and anger
2. Progressive Relaxation
3. Deep breathing
4. Manage your time
5. Take Time Out to Quiet the Mind:
 - a. Reduce inner turmoil
 - b. Deep, muscular relaxation
 - c. Spontaneous "problem solving"
 - d. Lowers heart rate and blood pressure
 - e. Curtails anxiety, depression and fatigue
6. Regular Exercise Program
 - a. Produces serotonin, nature's tranquilizer
 - b. Releases endorphins, nature's pain killers
 - c. Increased breathing means more oxygen to the organs
 - d. Prevents heart attacks and osteoporosis
 - e. Increased energy
7. Take Care of your body.
8. Develop coping skills to gain control and have quality of life
9. Connect with others
10. Know your Limits
11. Laugh

Symptoms of Stress:

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|---------------------------------------|------------------------------------|
| 1. Headaches | 12. Nervousness |
| 2. Stomachaches | 13. Anger |
| 3. Sleep difficulties | 14. Loneliness |
| 4. Sweaty palms | 15. Easily upset |
| 5. Dizziness | 16. Overwhelming sense of pressure |
| 6. Back pain, tight neck or shoulders | 17. Unhappiness for no reason |
| 7. Ringing in ears | 18. Trouble thinking clearly |
| 8. Inability to get things done | 19. Constant worry |
| 9. Grinding of teeth at night | 20. Loss of sense of humor |
| 10. Compulsive eating | 21. Memory loss |
| 11. Crying | 22. Lack of creativity |

