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:

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