



Stress symptoms can affect your body, your thoughts and feelings, and your behaviour.

Common Symptoms of Stress

- Mental:**
- Overwhelmed, overburdened
 - Irritable, impatient or angry
 - Anxious or nervous
 - Worried, tense
 - Unhappy
 - Lonely

- Physical:**
- High blood pressure
 - Difficulty breathing
 - Sleep problems
 - Panic attacks
 - Chest pains
 - Headaches
 - Fatigue



Stress Triggers



Work. Too much work, job insecurity, conflicts with a boss or co-workers.



Finances. Not having enough money, being in debt, or spending too much.



Relationships. Abusive partner, lack of intimacy, or arguing with parents.



Busyness. Constantly being on the go, too many commitments, always saying yes.



Genetics. Perfectionists are more stressful, extroverts cope better.

Four A's of Stress Relief

A

Avoid

Take control of the stress by finding ways to ways to make the situation better.

A

Alter

Communicate clearly and let people know your expectations.

A

Accept

Accepting the situation can ease the stress if avoiding and altering doesn't work.

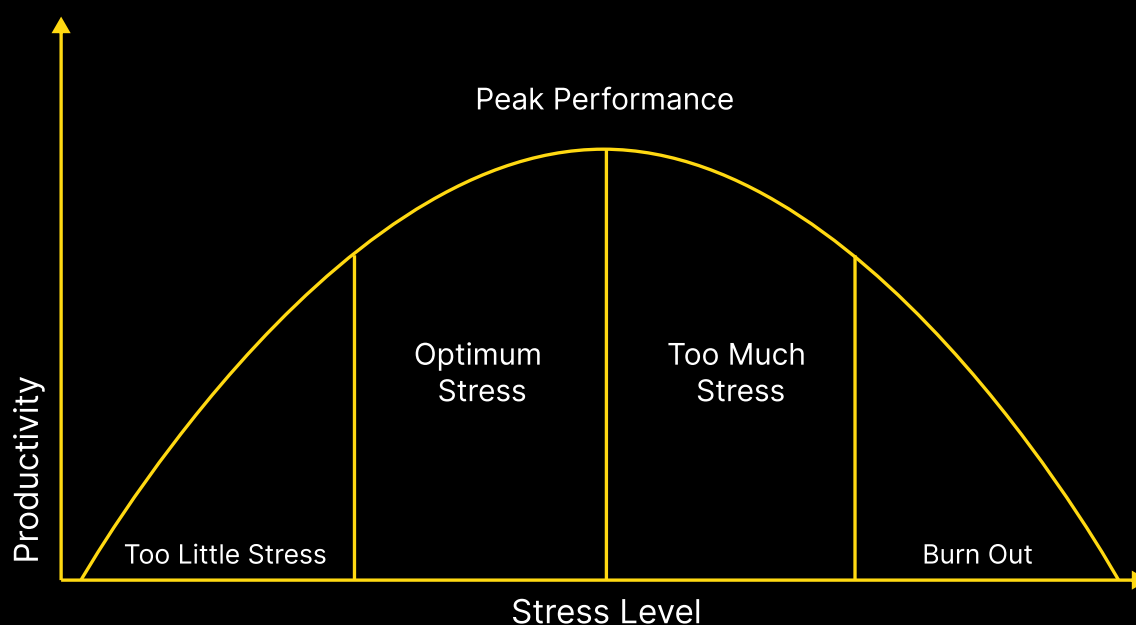
A

Adapt

Changing your standards and expectations of stressful situations can help you cope.

Positive Coping Responses

- Going for a walk
- Playing with a pet
- Listening to music
- Laughing or crying
- Eating healthy foods
- Getting enough sleep
- Going out with a friend
- Taking a bath or shower
- Practicing deep breathing
- Praying or going to church
- Writing, painting, or singing
- Exercising or getting outdoors
- Gardening, making home repairs
- Doing meditation, muscle relaxation



Yerkes-Dodson Law

Stress can be good for productivity and performance.

However, too much stress will lead to burnout.

You can reach your peak performance with an intermediate level of stress.

8 Tips For Preventing Stress

Exercise. Do 120 minutes of moderately intense exercise, like brisk walking, per week.

Stretch. When you are tense, your muscles get tense. Stretching will loosen your muscles.

Deep Breathing. Stopping and taking a few deep breaths can take the pressure off.

Eat Well. Meals full of vegetables, fruit, whole grains and lean meats are best for stress relief.

Slow Down. When driving, switch to slow lane. Put your watch 10 minutes ahead. Chill out.

Get A Hobby. Doing something that makes you happy every day will help relieve stress.

Practice Self-Talk. Talk about your problems. Acknowledge them, and talk about solutions.

Eliminate Triggers. Figure out what causes you stress and eliminate it from your life.

Breathing Exercises

4-7-8 Breathing

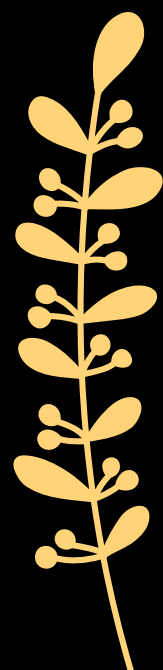
1. Breath in for 4 seconds
2. Hold your breath for 7 seconds
3. Breath out for 8 seconds

Repeat 3 times.

Buteyko Breathing

1. Small breath in
2. Small breath out
3. Hold breath, 10-15 seconds
4. Breath normally, 10-15 seconds

Repeat 3 times.



just
BREATHE

Three Things Meditation

You can do this meditation exercise anywhere. It's about noticing what you are experiencing around you.

To start, say to yourself:

- 3 things I hear are ... e.g. cars driving
- 3 things I see are ... e.g. children playing
- 3 things I feel on my skin are ... e.g. warmth
- 3 things I feel inside ... e.g. I am hungry
- 3 things I smell are ... e.g. flowers in the garden
- 3 things I taste are ... e.g. food I'm eating



As you finish, you will feel more relaxed and focused on the present. Stress, melting away.

Repeat this exercise once a week.



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