

Keys to Managing Your Stress

1 Track Your Stress

Stress affects everybody differently. By regularly monitoring and tracking your stress, you raise your awareness of the way you experience stress and get a better sense of your natural stress level. Knowing how your body reacts to stress will help alert you when your stress level is rising.

Activity:

Track your stress levels using the *Stress Tracker* on page 4.

2 Identify the Sources of Your Stress

Knowing the sources of your stress is critical. After you have a good idea of the things that cause your stress, you can develop a plan for dealing with each of them.

Activity:

Make a list of the things that cause your stress. Use the *Identifying Your Stressors Worksheet* on page 5 for ideas.

3 Practice Mindfulness Regularly

Mindfulness is a way to be fully aware in the present moment of physical sensations, emotions, and thoughts, but without judging them. Regular daily practice of stress management techniques will allow you to deal with your stress in a healthier way.

Mindfulness-Based Stress Reduction (MBSR) techniques have been proven to reduce stress and stress-related conditions. They can reduce anxiety, improve attention and memory, and help manage chronic pain. These techniques center on being fully aware in the present moment without judgment.

Activity:

Review the *Stress Symptoms Checklist* on page 6. Explore the *MBSR Techniques* on page 7 to determine which are most effective for managing the stress symptoms you identified.

4 Be Physically Active

Physical activity is one of the most effective stress management techniques. Physical activity increases endorphins, improves sleep, raises self-esteem, and releases muscle tension.

While moderate physical activity is good for stress management, overly vigorous activity can actually contribute to stress levels. If you are going to exercise to help relieve stress, do so at an intensity level that is comfortable for you.

Fact:

Regular physical activity can improve mood, reduce stress, and decrease health risks.

Explore ways you can be physically active by visiting purdue.edu/recwell

Stress Management Teaching Package

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