

Stress Management: Identifying Stress and Coping Strategies

What is your definition of stress?

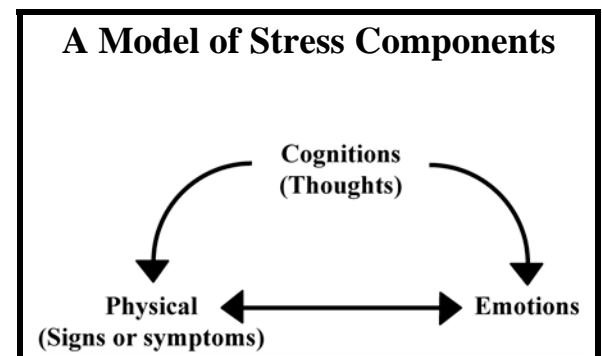
One definition – Stress is the response to a perceived demand, internal or external, on our mind, body, or emotions.

How can stress affect us?

A. Physically

B. Emotionally

C. Cognitively (mentally)



Learn more about your health care.

Identify Signs of Stress

- **Physical examples**
 - ▶ Muscle tension
 - ▶ Racing heart
 - ▶ Headache
 - ▶ Upset stomach
- **Emotional examples**
 - ▶ Anxiety
 - ▶ Depression
- **Cognitive examples**
 - ▶ Thought distortions (“should” statements, fortune telling)

Ways of Coping with Stress

- **Physical**
 - ▶ Exercise
 - ▶ Progressive muscle relaxation
 - ▶ Deep breathing
 - ▶ Yoga
- **Emotion-Focused**
 - ▶ Talking with others
 - ▶ Writing in a journal
 - ▶ Listening to music
- **Cognitive**
 - ▶ Battle cognitive distortions, such as “should” statements. For example, instead of “I should be able to do more,” say, “I would like to do more but I am doing the best I can.”
 - ▶ Balance positive and negative thoughts.
 - ▶ Challenge your negative thoughts.