

Stress Management Workshop

Presenter Name: _____

Contact Information: _____

I. Stress vs. Stressor

- a. Stressors—triggers outside of you
- b. Stress—the way you respond/react to the triggers

II. What is Stress?

- a. A basic human survival mechanism left over from our primordial ‘roots’ when we could best respond to perceived dangers by either fighting or fleeing
- b. The body’s non-specific (physical and biochemical) responses to stressors
- c. Long-term consequences of being “too stressed for too long”:
 - i. Digestion
 - ii. Reproduction
 - iii. Inhibited growth
 - iv. Inhibited tissue repair
 - v. Gastrointestinal problems
 - vi. Heart disease
 - vii. Kidney disease
- d. Any change requiring you to adapt
- e. Unavoidable and Necessary
- f. Stress can be Positive
 - i. A source of high energy and increased awareness
 - ii. Some stress actually improves performance, but too much impedes performance

III. OK, you’re stressed right now...What do you DO?

- | | | |
|--|--|--|
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Put a puzzle together | <input type="checkbox"/> Rearrange furniture |
| <input type="checkbox"/> Rock in a rocking chair | <input type="checkbox"/> Walk around the mall | <input type="checkbox"/> Wander around a bookstore |
| <input type="checkbox"/> Play with your pet | <input type="checkbox"/> Throw ice at a tree | <input type="checkbox"/> Play racquetball |
| <input type="checkbox"/> Weed a garden | <input type="checkbox"/> Beat a drum | <input type="checkbox"/> Take pictures of nature |
| <input type="checkbox"/> Scream into a pillow | <input type="checkbox"/> Cook | <input type="checkbox"/> Light scented candles |
| <input type="checkbox"/> Take a bath | <input type="checkbox"/> Tear up a phone book | <input type="checkbox"/> Beat a pillow |
| <input type="checkbox"/> Watch a movie | <input type="checkbox"/> Scream out loud | <input type="checkbox"/> Shoot hoops |
| <input type="checkbox"/> Paint | <input type="checkbox"/> Play an instrument | <input type="checkbox"/> Hit a punching bag |
| <input type="checkbox"/> Pray/meditate | <input type="checkbox"/> Search the internet | <input type="checkbox"/> Build something |
| <input type="checkbox"/> Go for a walk | <input type="checkbox"/> Do your nails | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Call somebody | <input type="checkbox"/> Write a poem | <input type="checkbox"/> Take a nap |
| <input type="checkbox"/> Repot a plant | <input type="checkbox"/> Organize CDs | |

IV. Stress-Reducing Techniques

A. BREATHE

- i. When you’re stressed, you tend to breathe from your chest in short, shallow breaths. Take a break, get quiet somewhere and breathe deeply, from your diaphragm
- ii. Use bubbles to practice good and healthy breathing: they help you control your breathing, and you can’t stay mad while you blow a bubble!
- iii. Practice blowing bubbles right now with your workshop favors