



Decrease the Stress in Your Life

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Quote for the Day

“It's a good idea always to do something relaxing prior to making an important decision in your life.”

— Paulo Coelho, *The Pilgrimage*

The Goals of This Presentation

- **To help you answer these 3 questions:**
 - Where is your stress coming from?
 - How is stress affecting you?
 - What can you do about it?
- **Activity to help you decrease the stress in your life**

Where is Your Stress Coming From?

- Work environment
- Home environment
- School
- A major life change
- Relationship issues
- Sensory overload
- An unpredictable event
- Having too much to do
- Not having enough to do

How is Stress Affecting You?

- **Is it Affecting You Physically?**

- Headaches
- A racing heart
- Tired
- Upset stomach
- Frequent sweating
- Shakiness
- Low energy

How is Stress Affecting You?

- **Is It Affecting You Mentally?**

- Difficult to concentrate?
- Racing thoughts?
- Trouble falling asleep?

- **Is It Affecting You Emotionally?**

- Feeling irritable?
- Feeling angry?
- Feeling overwhelmed?
- Feeling anxious?

What Can You Do About It?

- Use relaxation techniques
- Change your mindset
- Remove stressors
- Create a more nurturing environment
- Develop healthy habits
- Process your feelings
- Improve your relationships
- Improve your work day

Relaxation Techniques

- Yoga and meditation
- Doing other exercises, such as using a punching bag
- Art
- Crafty or fun projects
- Listening to music, podcasts, and audio books
- Brain games
- Stress balls, stress sticks, play dough, and fidget cubes
- Deep breathing
- Free Phone Apps for Health & Wellness
 - Calm
 - MindShift

A Mindset of Positivity

- Keeping a gratitude journal
- Using quotes
 - “Isn't it nice to think that tomorrow is a new day with no mistakes in it yet?”
— [L.M. Montgomery](#)
 - “When it is dark enough, you can see the stars.”
— [Ralph Waldo Emerson](#)
- Reading books with positive and hopeful themes
- Watching happy movies
- Using “a page a day” calendar

A Mindset of Positivity

- Saying positive things about yourself
- Making a list of dreams for the future
- Having daily, achievable goals
- Developing a personal mantra
 - “I am a smart and capable person”
 - “I can conquer my fears.”
- Writing yourself an “I love you because...” letter
- Challenging negative thoughts
- Reframing thinking: “I’m not a failure. I’ve done many things well, and I will continue to do many things well.”

Remove Stressors

- Choosing to watch or read things that are less stressful
- De-cluttering
- Getting rid of things that have negative associations
- Saying no when you need to
- Taking a break from negative news or social media
- Decrease and organize emails

A Nurturing Environment

- Meaningful photos
- Beautiful decorations
- Using colors that you like
- Surrounding yourself with elements of nature
- Music and sounds
- Pets
- Aromatherapy
- Rearrange furniture, redecorate, or do home projects, such as those on “Design on a Dime”

Creating Healthy Habits

- Doing exercising that you enjoy
 - Walking in nature
 - Yoga
 - Going to the gym
- Staying hydrated
- Rest and sleep
- Eating nourishing foods

Process Feelings

- Talking with someone you trust
- Journaling
- Creating Art
- Art Journaling
- Meeting with a mental health professional
- Writing songs or poetry
- Expressing feelings through letters

Improve Relationships

- Making time for healthy communication
- Creating happy memories with others
- Joint problem-solving
- The 7 Habits of Highly Effective People (Stephen R. Covey)
 - Think win-win
 - Seek first to understand, then to be understood
- Asking for what you need
- Processing feelings through letters if you need to

Improve Relationships

- Increasing your support system
 - Joining local support groups or interest groups
 - Looking at the “Meetup” app or meetup.com
 - Finding online support groups or interest groups
 - Reconnecting with old friends
 - Volunteering

Improve Your Work Day

- If you can, decorate your workspace with pictures or decorations that bring you joy
- Find a nice desktop image
- Put clutter where you can't see it
- Create online folders for organizing emails
- Have inspirational quotes or a happy page-a-day calendar nearby
- Keep bottled waters and nourishing snacks in a drawer
- Move when you can: do stretches, walk around
- Volunteer for projects or activities that make you feel happy and purposeful
- Connect with positive people

Activity to Improve Relaxation

- **How do you want to feel? Close your eyes, take some deep breaths, and visualize yourself feeling that way.**
- **Examples of feelings:**
 - Relaxed
 - Calm
 - Balanced
 - Happy
 - Alive
 - Productive
 - Energized
 - Focused