

Stress Management

What is Stress?

Stress is defined as a person's total response to environmental demands and pressures. **Stress** is those moments when the outcome is not crucial to your survival. Examples of stressful moments include having to many meetings or giving feedback to a co-worker. The outcome matters but not to the same extent as a pressure moment.

Pressure are those moments when the importance of the outcome matters. Examples of pressure moments might be when you're presenting a big proposal to a group of investors or studying for a credential that will help you get a promotion. The outcome matters to your career and your future.

Eustress is often labeled as "good stress". Eustress is stress that benefits our health, like physical exercise or getting a promotion .

Workplace tension cannot be eliminated, it can only be managed. It is impossible to eliminate pressure and stress. But, by being able to identify pressure moments, and we can develop a new outlook and perseverance to become successful.

1. Reflect & Identify

How does stress affect your life?

The different kinds of stressors

1. Self-correctness
2. Powerless
3. Perfectionism
4. Worry
5. Insecurity
6. Hurrying
7. Pessimism
8. Competition

Where are the major areas of stress for you? Be specific.

From these stressors, how are you currently handling it? Where do you see stress affecting you the most?

2. Accept and Alter

Tips on how to change your outlook on your stress

“No one can ruin your day without your permission”

- **Recognize** what you can change and **accept** what you cannot.
- **Re-frame** your mistakes and challenges in terms of growth.
- **Find the Good**-Have a positive outlook on the situation you are in
- **Prioritize**
- **Do the Next Right Thing**

3. Support and Sustain

How can we and support and sustain this new outlook on stress?

“We are surrounded by big and little stressors, and they are not going away. We don’t have to embark on major life transformations to change our lives. It is the most simple practices that lead to the most significant and sustainable changes.”

Visualization

Talk to your brain instead of listening

Structure

Humour

Mediation/Mindfulness

Instead of being carried away by your thoughts, see if you can *witness* them.

Observe and label each thought, without any judgment.

Relieving Stress

- Establish a quiet place of your own
 - “it may be a favourite arm chair or a special place in the nearest park or at the beach- find a place where you are comfortable enough to “just be”
- Take a time out
 - Breathe deeply, stretch your muscles, nap, meditate, take a brisk walk or do tension relieving exercises
- Enjoy exercise
 - Try a variety of ways of getting a workout until you find something you really enjoy. Think about jogging, aerobics, racquet sports, cycling, swimming, rowing, jumping rope, hiking etc.
- Get it off your chest
 - If you are upset about bad service, faulty merchandise or a politician’s statement, write a letter of complaint. If a friend lets you down, express your disappointment. If your partner hurts your feelings, tell them
- Talk to a good friend, to a relative, or journal
- Schedule more fun
 - When we are busy or starting a new activity like school or work, we often unconsciously give up seeing friends and doing things we enjoy. We must remember to plan for the playtime too.