

## Stress Management Techniques

Many stressors can be changed, eliminated, and minimized. Here are some examples of things you can do to reduce our level of stress.

Exercise	<ul style="list-style-type: none"> <li>❖ Exercise regularly.</li> <li>❖ Practice relaxation techniques. For example, whenever you feel tense, slowly breathe in and out for several minutes.</li> </ul>
Nutrition	<ul style="list-style-type: none"> <li>❓ Eat a balanced diet daily. Eat more whole grains, nuts, fruits, and vegetables. Substitute fruits for desserts.</li> <li>❓ Choose foods that are low in fat, sugar, and salt.</li> </ul>
Sleep	<ul style="list-style-type: none"> <li>○ In a typical week, get sufficient sleep to wake up refreshed.</li> <li>○ Do not use medication or chemical substances (including alcohol) to help you sleep.</li> </ul>
Stimulants	<ul style="list-style-type: none"> <li>✓ Avoid caffeine, nicotine, sugar, and soda.</li> <li>✓ Do not use medication or chemical substances (including alcohol) to reduce your anxiety or to calm you down.</li> </ul>
Support System	<ul style="list-style-type: none"> <li>▪ Have one or more friends with whom you can share personal matters.</li> <li>▪ Take with your friends or someone you can trust about your worries/problems.</li> </ul>
Nurture-Self	<ul style="list-style-type: none"> <li>€ Keep reinforcing positive self-statements in your mind.</li> <li>€ Focus on your good qualities and accomplishments.</li> <li>€ Do something you really enjoy which is "just for me" during the course of an average week.</li> <li>€ Recognize and accept your limits. Remember that everyone is unique and different.</li> </ul>
Good time management skills	<ul style="list-style-type: none"> <li>❖ Plan ahead and avoid procrastinations.</li> <li>❖ Make a weekly schedule and try to follow it.</li> <li>❖ Set realistic goals.</li> <li>❖ Set priorities.</li> <li>❖ See the iStudy for Success module on Time Management             <ul style="list-style-type: none"> <li>○ <a href="http://iStudy.psu.edu/modules/html">http://iStudy.psu.edu/modules/html</a></li> </ul> </li> </ul>
Relax	<ul style="list-style-type: none"> <li>❓ Take a warm bath or shower.</li> <li>❓ Go for a walk.</li> </ul>

	<ul style="list-style-type: none"><li>☐ Get a bobby or two. Relax and have fun.</li><li>☐ Get in touch! Hug someone, hold hands, or pet a pet! Physical contact is a great way to relieve stress.</li></ul>
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### Stress Management - Goal Setting Activity

Think about how to cope with and prevent the distress in your life. Think about your plan and use the table to describe your plan to cope with distress in the space below.

Exercise	
Nutrition	
Sleep	
Stimulants	
Support System	
Nurture-Self	
Good time management skills	

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