



MANAGING STRESS

What is Stress? Stress is a normal part of life and is experienced by everyone from time to time. Sometimes stress can be helpful to motivate you to complete a task but when our body takes in too much stress then that's when some intervention's might be helpful.



THINGS THAT MAY CAUSE STRESS

stressors can be pleasant or unpleasant
stress varies with each person

External Stressors

- Physical Environment (heat or cold, confined spaces)
- Interactions with others - rudeness or aggressiveness
- Work-related issues- rules, deadlines
- Coping with illness
- Life changes like marriage or divorce, death, loss of job or a new baby
- Day to day activities- driving in traffic, car problems, getting kids to school on time
- Juggling too many things at once

Internal Stressors

- Not enough sleep
- Too much caffeine
- Negative self talk, overanalyzing
- Unrealistic expectations
- Taking things personally
- All or nothing thinking



SIGNS OF TOO MUCH STRESS

Mental-

- Seeing only the negative
- Irritability
- Inability to concentrate
- Memory problems,
- Anxious or racing thoughts
- Burnout

Physical

- Fatigue or aches and pains
- Headaches,
- Nausea or dizziness
- Diarrhea or constipation,
- Loss of sex drive
- High blood pressure,
- Frequently getting sick
- Chest pain or rapid heart beat
- Indigestion

Emotional

- Anxiety or agitation
- Moodiness, irritability or anger
- Depression or unhappiness
- Loneliness or isolation

Behavioral

- Sleeplessness or sleeping too much
- Lack of appetite or overeating
- Withdrawing from others
- Procrastinating or neglecting responsibilities
- Using alcohol, drugs or cigarettes to relax
- Nervous habits like nail biting or grinding teeth

THINGS YOU CAN DO TO HELP YOURSELF



- Stop with the negative self talk and replace it with more positive ones.
- It's ok to say "no" when you are not able to do something.
- Try to live in the present rather than dwelling on the past or worrying about the future.
- Plan ahead, instead of rushing at the last minute.
- Reach out and accept help when needed. Delegate things when you are able. You don't have to do it all by yourself.
- Focus on the things that are important to you first.
- Plan time for fun and relaxation to get your mind off the stress
- Don't assume people know what you need. Be clear and direct.
- Take care of your health by eating right and exercising and getting a good amount of sleep.
- Laugh and try to see the humor in things

If you have any questions or would like to discuss this further please contact
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