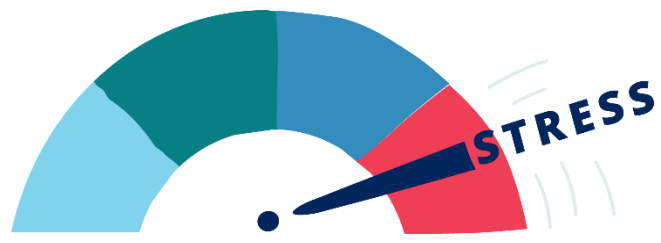


Stress Management

"MAKING IT WORK FOR YOU"

Laqwanda Roberts-Buckley

Mental Health and Wellness Specialist



WHAT IS STRESS MANAGEMENT?

"Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life."

Mayo Clinic (2021)



Mayo Clinic. (October, 2021). Stress Management. <https://www.mayoclinic.org/tests-procedures/stress-management/about/pac-20384898>





WHY DOES STRESS MANAGEMENT MATTER?



- May assist in preventing burnout
- Provides a game plan when under pressure
- Offers a sense of balance & control
- May assist in regulating emotional responses to stressors
- Moves us towards action

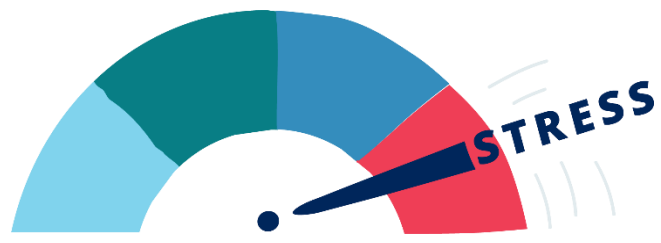


WHAT IS STRESS MANAGEMENT, REALLY?

Stress management is whatever **YOU** need it to be!

- It can fit your schedule
- It can match your personality
- It should fit your situation

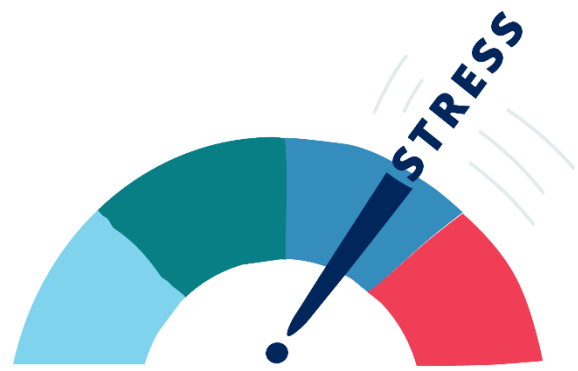




WHY IS DEFINING STRESS MANAGEMENT FOR YOURSELF IMPORTANT?

- Stressors will always look different
- Recovery time from your stressors are different
- Tolerance level is different
- Response to stress is different





HOW CAN YOU MAKE STRESS MANAGEMENT WORK FOR YOU?





THINGS TO CONSIDER

- Be mindful of overloading yourself in preparation of things such as a break or vacation.
- Stress management does not eliminate all feelings of anxiousness or stress.
- Stress management usually does not include procrastination or avoidance.
- Avoid making comparisons between yourself and others.





DO THE D.I.S.H.E.S.



Define



Identify Problems



Select Potential Solutions



Help



Evaluate



Share





DOES HOW YOU WASH D. I. S. H. E. S. MATTER?





DEFINE YOUR STRESSORS

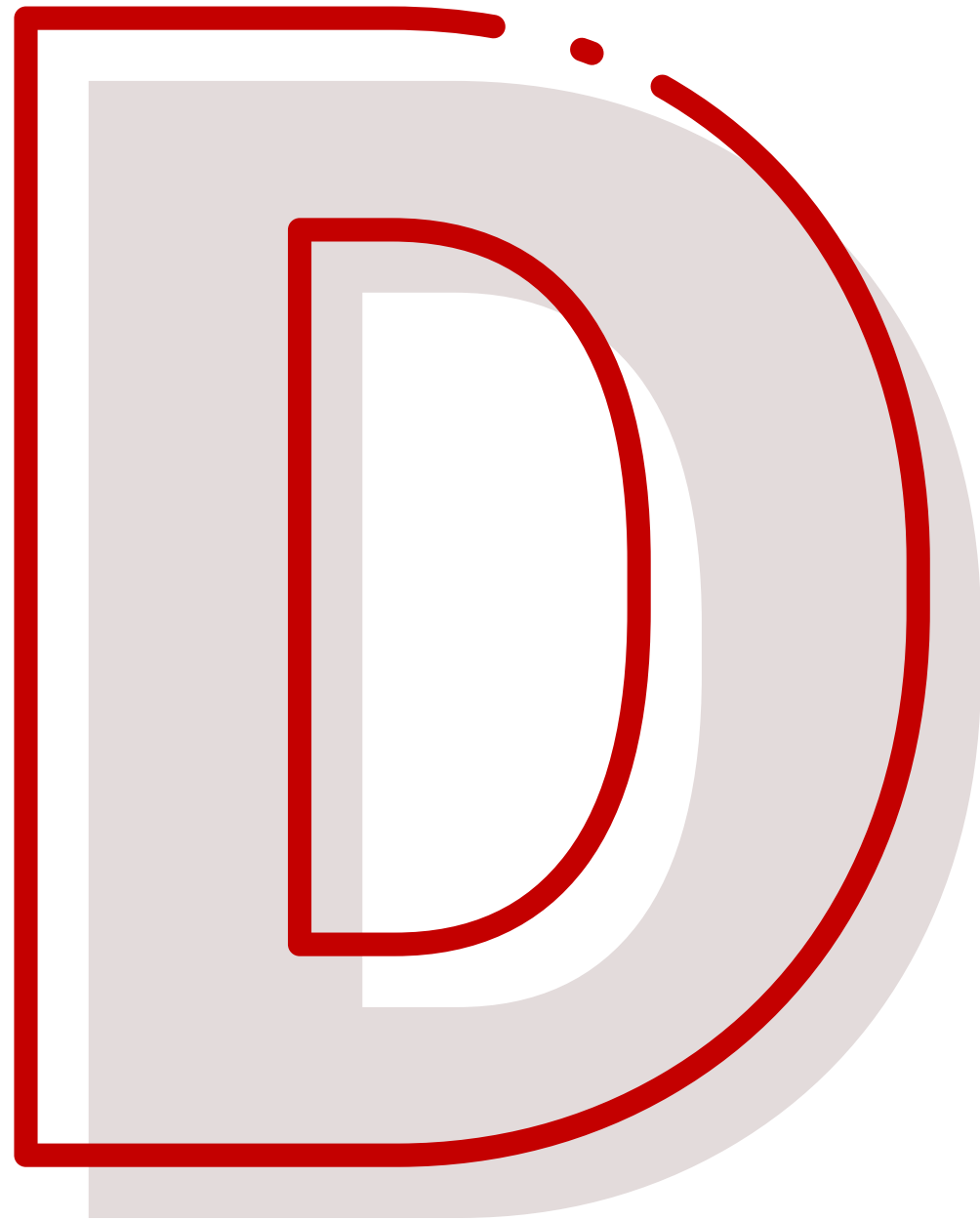


- What is stressing you out?
- What is draining you?
- What is the source of pressure?





TIPS FOR DEFINING STRESSORS

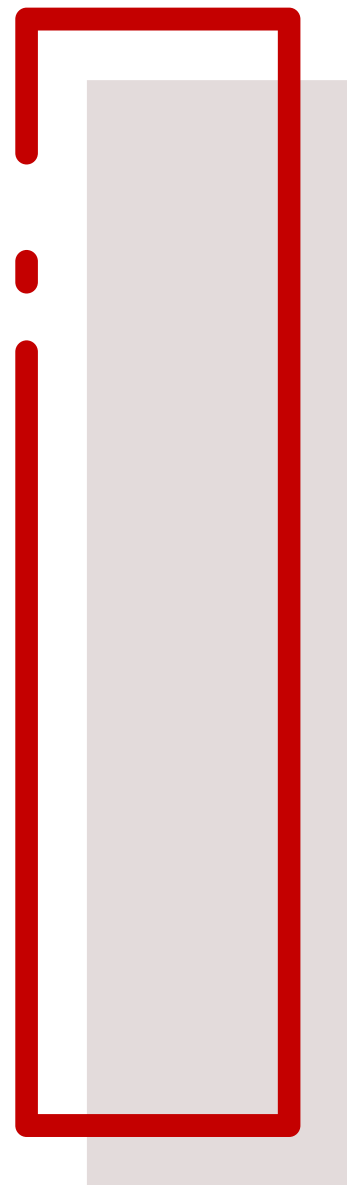


- Does the task or situation lead to feelings of anxiety or frustration?
- Are you avoiding or procrastinating?
- Is there a shift in your mood?
- Stressors can also include people



IDENTIFY THE ISSUES YOUR STRESSORS CAUSE

- Am I late on projects?
- Do I become frustrated?
- Do I avoid?
- Do I overload myself?
- Do I lash out at others?





SELECT A POTENTIAL SOLUTION FOR ISSUES IDENTIFIED

(EXAMPLE: FRUSTRATION)

- Does walking help?
- How can you take a mental break when you physically can't leave?
- How does organization fit in?
- What does effective self-wellness look like for you?
- Remember: Google can be your friend.





SELECT A POTENTIAL SOLUTION FOR ISSUES IDENTIFIED

GOOGLE CAN BE YOUR FRIEND

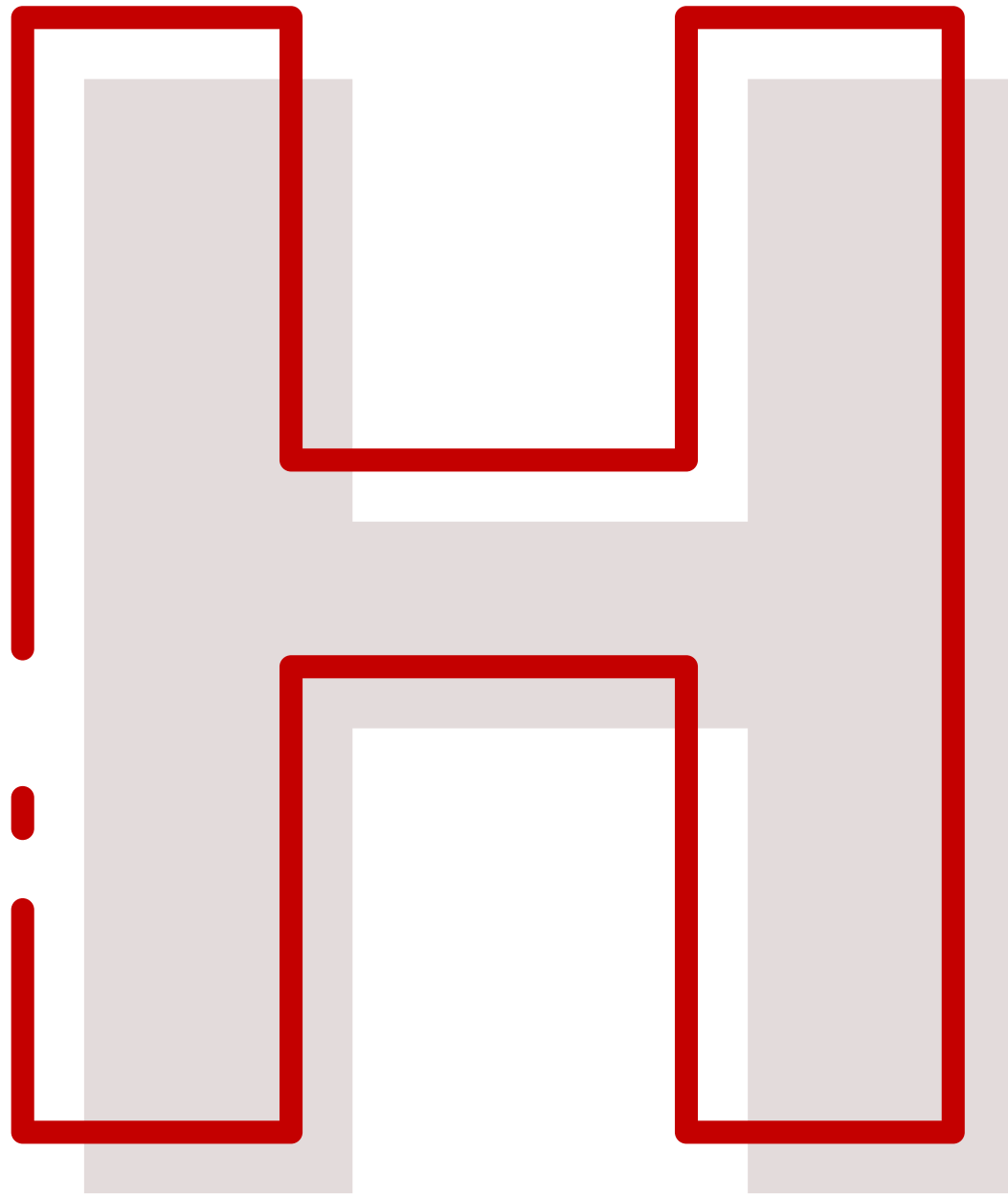
Possible things to search for:

- Playlists
- Affirmations
- Podcasts
- Breathing Strategies
- An app to assist





HELP - DO YOU NEED IT? ASK FOR IT. FIND IT.



- Has someone done this before?
- Are you aware of someone having a similar experience?



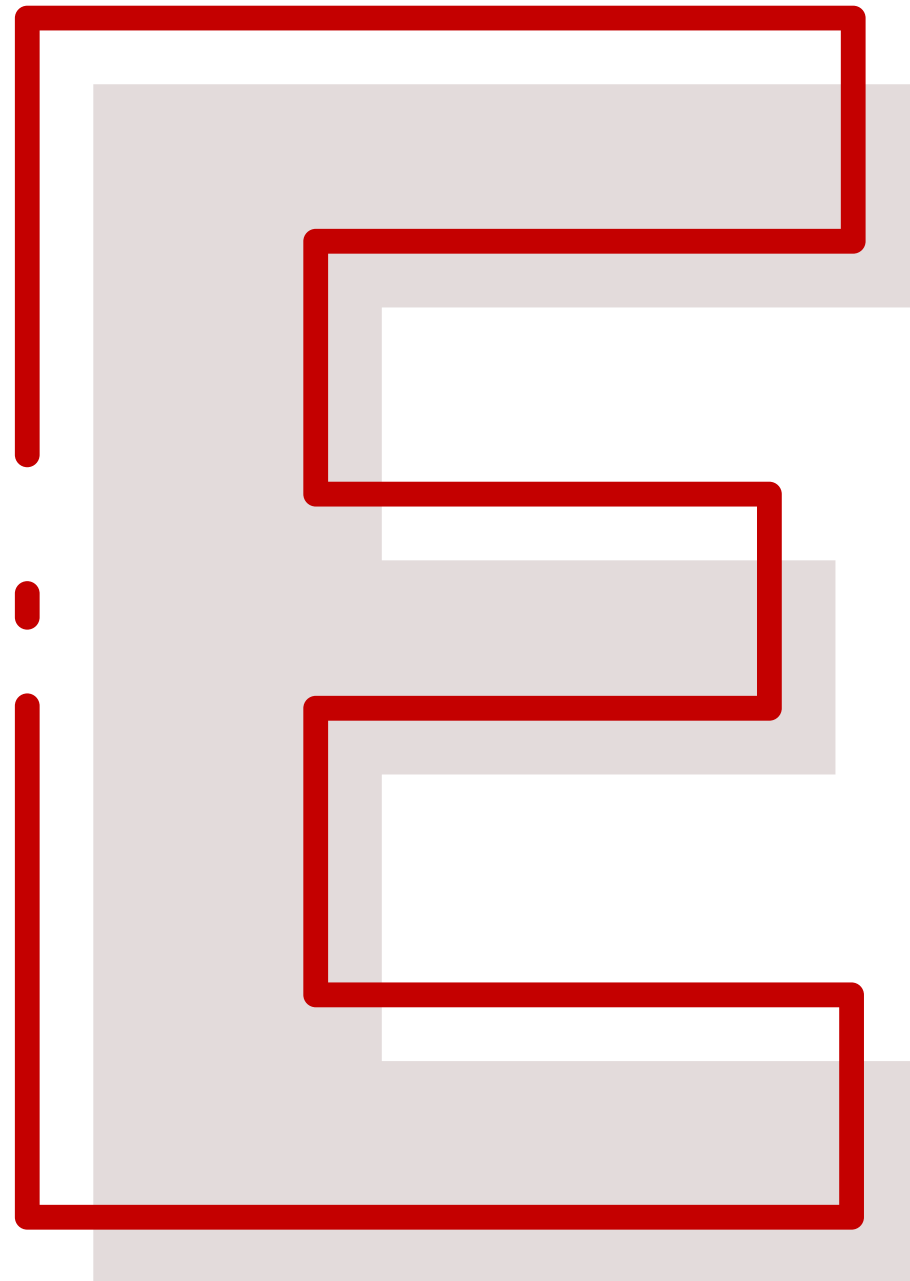
REMINDER

Asking for help does not necessarily mean asking the people you know, live, or work with.





EVALUATE



- You have to know if what you are doing is working.
- Consider doing it more than once before making a final decision on its effectiveness.



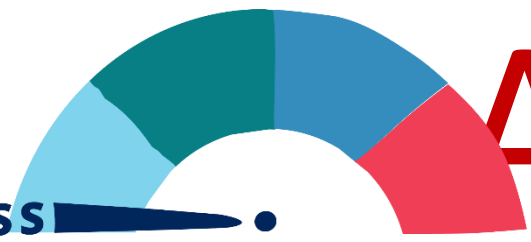


SAVE IT & SHARE IT



- If it worked for you, use it to build your self-wellness toolbox.
- Pass it along.





ADDITIONAL SUPPORT MAY BE NEEDED WHEN....

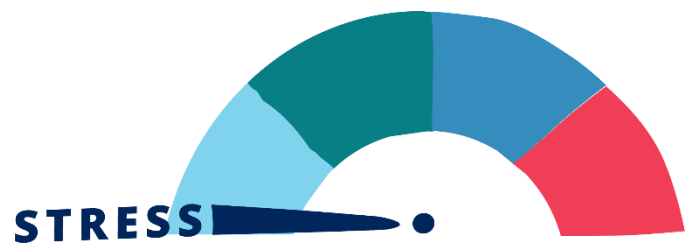
- Ongoing feelings of sadness or depression
- Constantly beating yourself up
- Increasing levels of anxiety
- Feelings loss of control or being overwhelmed



REMINDER



ComPsych can help.
Take PTO or Sick Leave.



IN CONCLUSION

Stress management should be a tailor-made experience to fit YOUR needs when YOU need it so it can work for YOU.

