



STRESS-LESS

PROGRAM WORKBOOK

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STRESS-LESS

WEEK 1 WORKBOOK

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Welcome to STRESS-LESS

Welcome to this 6-week stress relief and management program! We are proud of you for taking a step toward reducing the stress you feel by learning how to understand, manage and reduce it effectively!

The following topics will be covered:

Week 1: Physiological Stress Response

Week 2: The Effects of Stress on the Body & Mind

Week 3: Practical Ways to Manage Stress & Time

Week 4: Balancing Work with Life

Week 5: Stress-Less Eating

Week 6: Applying Practical Relaxation Skills

WEEK 1

Physiological Stress Response

Stress is a reaction to a real or imagined threat or trigger that we feel unprepared or incapable of successfully finding a solution.

This week we will learn to understand **WHERE** our stress comes from, **HOW** it makes us feel, and **WHO** and **WHAT** make it better or worse.

Different people find different situations stressful or not and much of this has to do with your biological pre-dispositions, experiences, learning history, and personality. If **YOU** find a situation, experience, or event stressful, **YOUR** mind and body start the stress response. When you want to manage and prevent stress, it is necessary to really understand where it comes from. Ask yourself these questions to better understand your stress:

1 Have I felt this before?

2 Who am I with?

3 What is my body feeling?

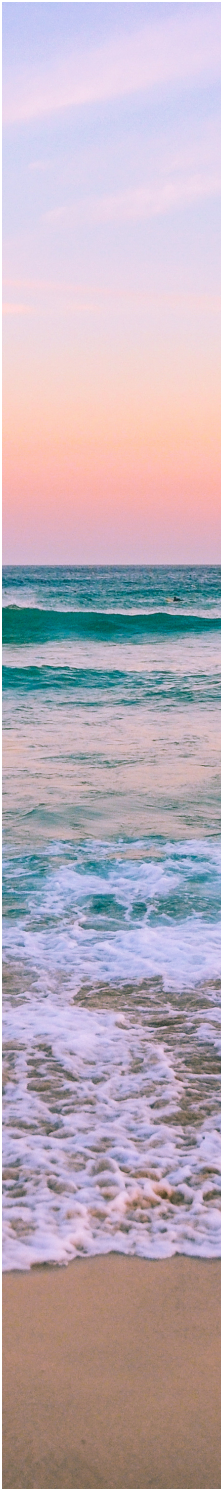
4 What is my mind thinking?

5 What specifically triggered this?

6 What time of day is it?

7 Have I eaten? Did I get enough sleep?

8 Do I have a lot of unknowns in my life?



Reduce Stress By Changing Your Thinking

Step 1: Identify the Situation

Describe the situation that triggered your negative feelings/mood.

Step 2: Analyze Your Mood

Describe how you felt in the situation, and how you're feeling now.

Step 3: Identify Automatic Thoughts

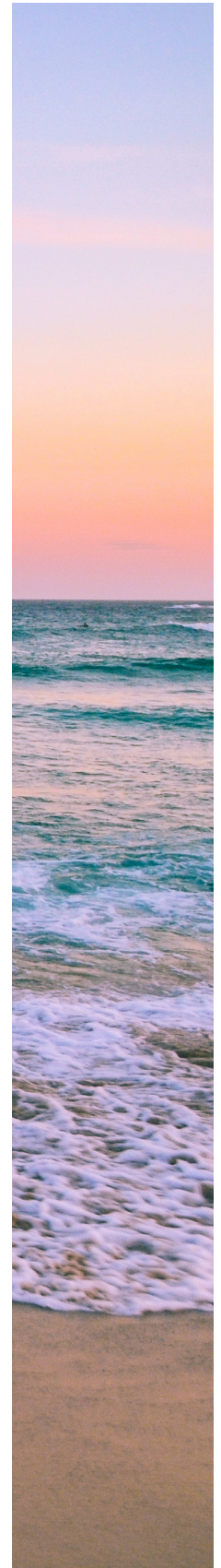
Make a list of your automatic thoughts in response to the situation.

Step 4: Find Objective Evidence

Understand your negative feelings by writing down why this affected you. Find any evidence that contradicts the thought.

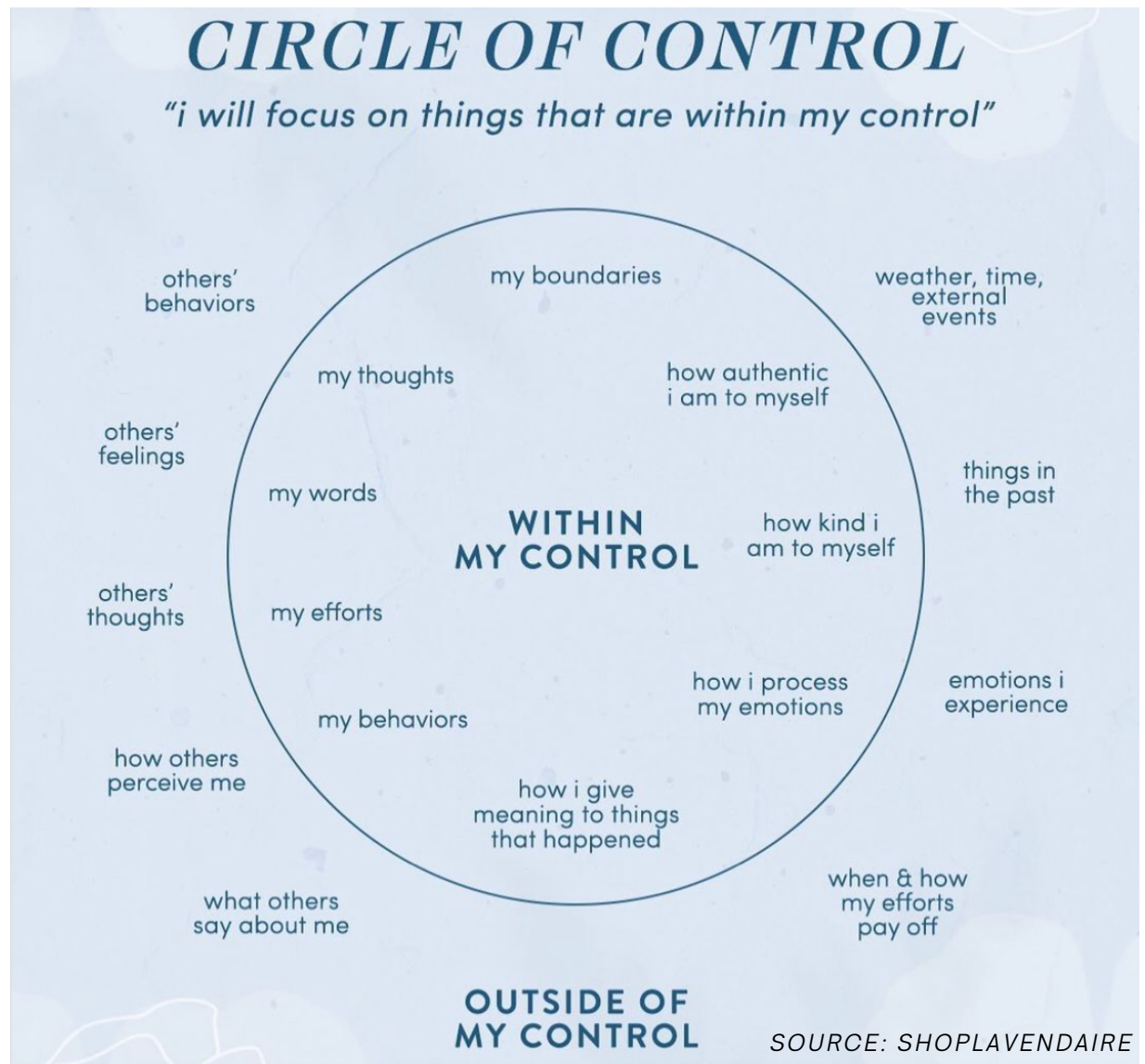
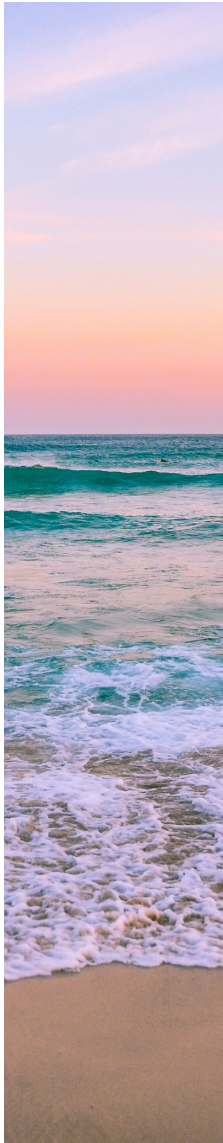
Step 5: Monitor Your Present Mood

Take a moment to assess your mood. Do you feel better about the situation? Is there any action you need to take? Write down your present mood, along with any further steps that you need to take.



What Is Truly Within Your Control?

Much of our stress comes from focusing on things that are out of our control. A great way to reduce stress is to accept what you can not control, and put your energy into improving what you can.



In What Ways Can You Focus On And Improve What Is Within Your Control?

In What Ways Can You Accept What Is Outside Of Your Control?

WEEK 1 REMINDERS

01



Keep Your Body in Balance

Eat balanced meals regularly, drink enough water, sleep at least 7 hours each night, and get some physical activity.

Make CC's & DD's

Make Conscious Choices & Deliberate Decisions about EVERYTHING. When faced with stress, be mindful and try to be proactive rather than reactive.

02



Stress Effects Body Function

When your body is dealing with stress it has a much harder time dealing with anything else like emotions, immune function, digestion, sleeping, etc.

03



Have Realistic Expectations

Check the expectations you have of yourself and others- are they realistic?

04

REALITY

EXPECTATIONS

05



Stress Has Many Symptoms

There are several symptoms related to stress including IBS, migraines, depression/ anxiety, insomnia, fatigue, irritability, and muscular tension.



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WEEK 2 WORKBOOK

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WEEK 2

The Effects of Stress on the Body & Mind

“It is not **STRESS** that kills us, but our **REACTION** to it.”- Hans Seyle



This week we will talk about all of the ways stress can impact your body's ability to keep you feeling your very best physically, mentally and emotionally.

When stress overwhelms your nervous system, your body is flooded with chemicals that prepare you for "fight or flight." This stress response can be life-saving in emergency situations where you need to act quickly. But when your body is constantly activated by the stresses of everyday life, it can wear your body down and take a toll on your health.

The physiological stress response can lead to chronic stress if it is not managed.

Your "fight or flight" response is controlled by your central nervous system (CNS). Within your brain, the hypothalamus initiates the process and signals your adrenal glands to release adrenaline and cortisol, the stress hormones. These hormones increase your heart rate and direct blood flow to the vital parts of your body during an emergency, such as your muscles, heart, and other important organs. After the perceived fear has passed, the hypothalamus should signal all systems to return to their normal state. When the central nervous system fails to reset to its regular state, or if the source of stress persists, the body's response can become chronic. This type of stress may also contribute to behaviors like excessive eating or diminished appetite, substance abuse, mental health issues, irritability, and social withdrawal.

Stress has many symptoms such as:

Insomnia, Disorganization, Feeling Overwhelmed, Loss of Interest, Crying/Depression, Exhaustion, Reduced Productivity, Communication Problems, Panic Attacks, Anger, Frustration, Excessive Worry, Guilt, Diminished Sexual Desire, Mood Swings, Procrastination, Chest Pain/Palpitations, Increased/Decreased Appetite, Overreaction, Increased Forgetfulness, Increased Mistakes/Accidents, Frequent Headaches, Grinding Teeth, Tremors, Neck and Back Pain, Headaches/Migraines, Rashes, Frequent Colds, Heartburn, Stomach Pain, Constipation/Diarrhea, etc.

How is Stress Effecting YOUR Body & Mind?

What Symptoms Do You Experience?

Make a list of the symptoms you have and see if you can find a way to connect them to stress. Disclaimer: Not all symptoms ARE related to stress, but it might be helpful to get a better understanding of the connections.

Brain/Mind

Cardiovascular/Heart

Joint/Muscle

Immune System

Gut/Digestive

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

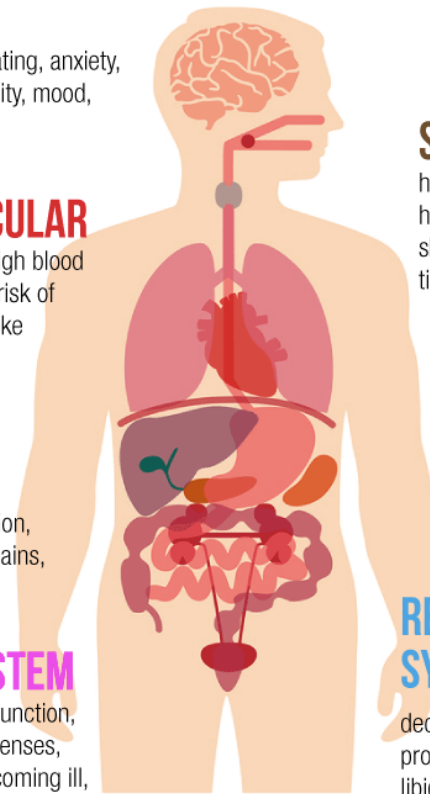
increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

Skin/Hair

Reproductive System



SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

SOURCE: BRIDGINGHARTS.COM

Use the ABC Strategy

Stress is rooted in the feeling of not having enough of something. Such as: time, resources, words, money, knowledge, etc. Use the ABC Strategy to recognize your stress and gain more control.

AWARENESS

The knack to discern what causes one's stress.

Identify your stressors. What is currently causing your stress SPECIFICALLY? What tends to stress you out?

BALANCE

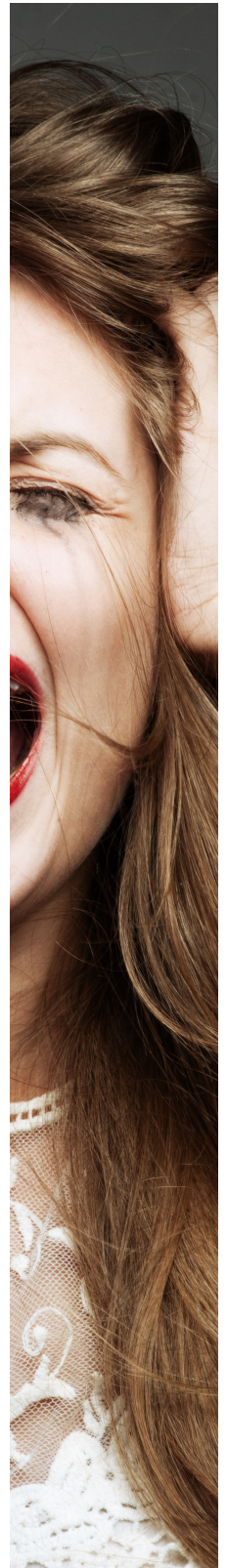
Know how much you can handle. Set boundaries.

How often can you say 'yes' before getting overwhelmed? When can you start saying 'NO'? How can you make YOU and your health a priority?

CONTROL

Take action to combat the causes of stress.

Be Proactive! What actions can you take to avoid stressors from people, situations, etc. What self-care activities can you enjoy to combat stress?



WEEK 2 REMINDERS

01



Stress is a Survival Response

Understand that during a stress response the body is on **HYPER-ALERT**. It is guiding you through the process of hopeful survival.

Be Aware of Symptoms

Are you experiencing symptoms that may be stress related? Have you spoken to a physician about your stress recently?

02



03

Stretch Your Muscles

Stretch morning and night. Chronic stress gets your muscles ready for action. After long periods of time, this will create tension and pain if not stretched out.

Connect With Body & Mind

Get connected with your body and mind. When does something hurt or cause you discomfort, for how long, and how often?

04



05



Stay Hydrated

Drink 1 glass of water every hour and strive to drink at least 8 ounces 8 times a day.



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WEEK 3 WORKBOOK

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WEEK 3

Practical Ways to Manage Stress & Time

"The bad news is: Time Flies. The good news is: You're the Pilot!"

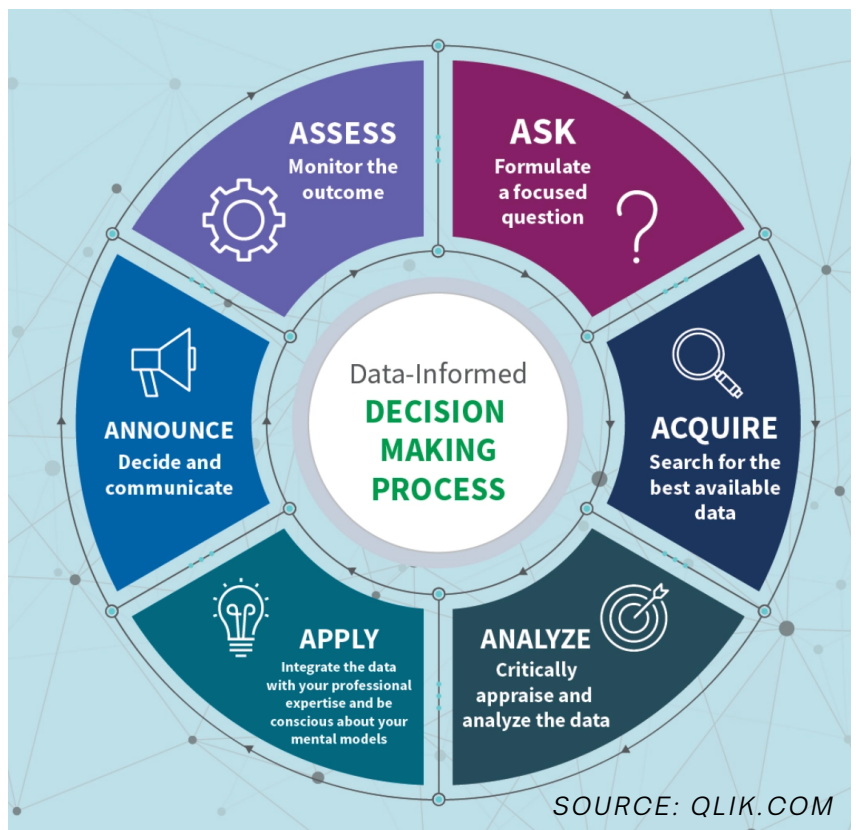


This week we will learn how you currently use your time and make plans to use it more effectively. We will also learn how you currently manage your stress and commit to trying new techniques. This may actually help more than you think! Sometimes we keep doing the same thing and expect a different outcome.

Managing time is a SKILL that everyone needs to learn if they are not good at it already. Almost everyone reports that at least in part their stressors are directly related to feeling like they do not have enough time to do the things they want to do each day. Our to-do lists are never ending with tasks that seem to make it from one day to the next and to the next.

Manage Stress & Time By Making Deliberate Decisions

Life is a cumulation of daily decisions. The average person makes 147 decisions every day. Reduce stressors by making deliberate decisions with these important decision making steps.



Manage Your Time or It Will Manage You!

We all have the same 24-hours in a day. How we choose to use those hours is the difference. Gain an understanding of how you are using the hours in a day by filling in each section of the pie chart on the next page.

Now that you have a visual of how you are using the hours in your day, do some reflection and answer the following questions:

How could you better spend some hours? What could you do less of/more of?

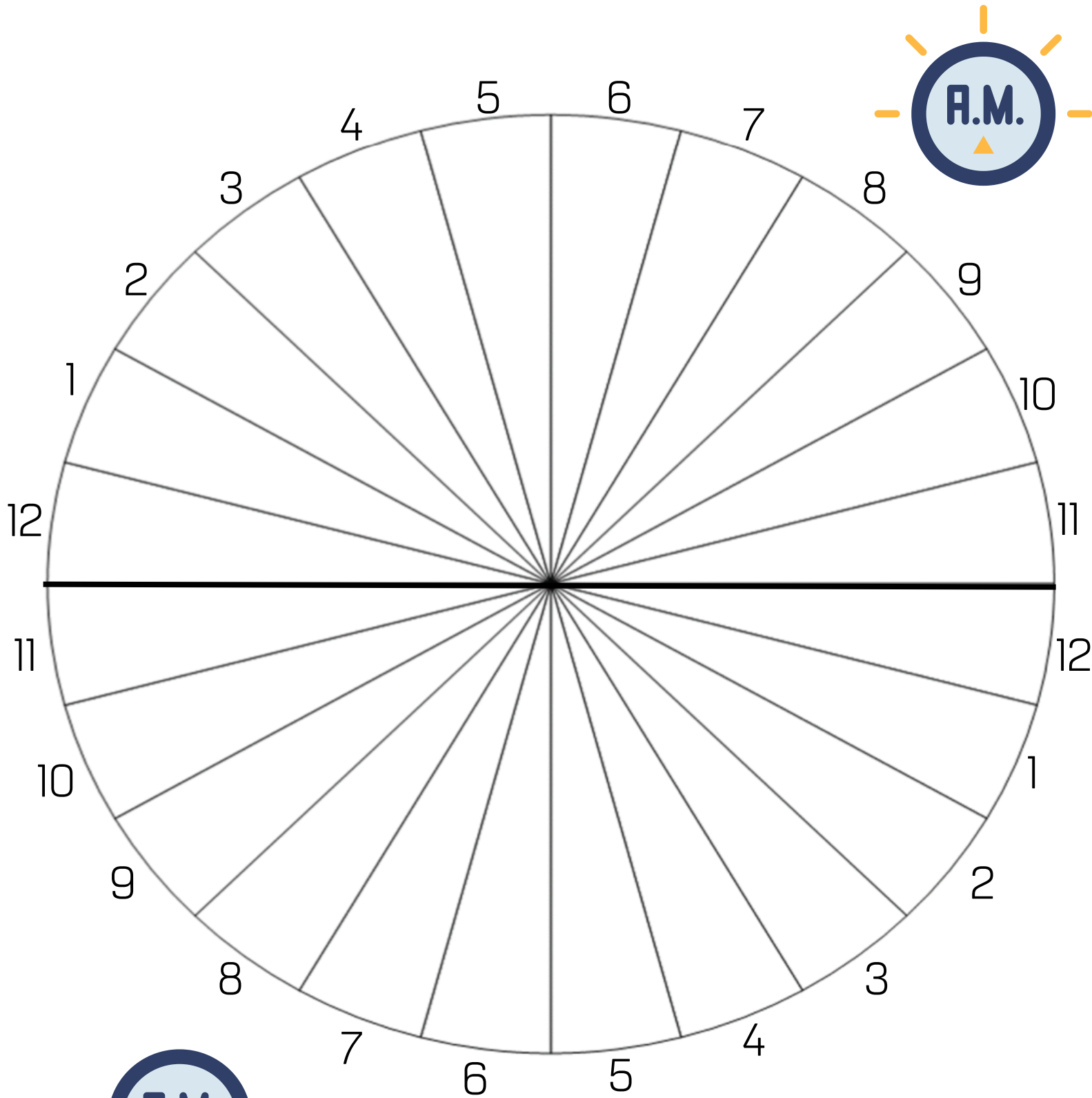
How much time are you spending on useless activities? How can you be more intentional?

What can you better prioritize? What doesn't really need to be on your to do list?

What really excites, inspires and brings you joy? How can you make more time for these things?

How can you delegate, ask for help or better plan for more success in your time management?





Fill in the following categories:

- Work
- Commute
- Sleep
- TV
- Phone/Social Media
- Meal Prep/Eating
- Errands
- Personal Care
- Socializing
- Caretaking
- Exercise
- Chores

Manage Stress With Mindset

"The greatest weapon against stress is our ability to choose one thought over another" -William James



Use Positive Self-Talk

How you talk to yourself plays a role in your stress levels. Identify ways you are using the 4 types of negative self-talk.

Personalizing – You blame yourself when things go wrong.

Polarizing – You see things only as good or bad, no middle ground.

Magnifying – You only focus on the negative & dismiss the positive.

Catastrophizing– You always expect the worst.

Stop "Shoulding" all over yourself. Shoulding does not imply change or action. Try using words like: "Want, Can, Will, Am, etc." Using different words shifts your inner dialogue, your mindset and helps relieve unnecessary pressure.

Let Go of Perfectionism!

No one is perfect. We are all human. Stop expecting perfection from yourself and grant yourself more self-compassion. How can you respond to situations with more understanding?

Think of how you would respond to a friend, and give yourself the same compassion.

Forgot A Meeting

Made A Mistake

Didn't Finish OnTime

Wasn't Chosen

WEEK 3 REMINDERS

01



Manage Time & Plan Everything

Manage time by planning/scheduling everything with the proper amount of time it takes.

Plan Errands Strategically

Try to avoid doing errands at typical times. Go to the grocery store after dinner, shop on weekdays, and make health appointments at lunch.

02



Prepare Food

Separate meat into meal sizes. Pre-slice vegetables and fruits. Portion snacks in individual baggies. Defrost dinner needs in the morning.

03



Schedule Physical Activity

Plan physical activity into your schedule. Break up exercise time into shorter chunks to fit it in more effectively.

04



05



Build a Consistent Routine

Create a routine that works for you. You use much less brain power when a routine is in place. Try not to be afraid to ask for help when needed.

MONTHLY BUDGET

CREATING A BUDGET WILL HELP YOU GAIN CONTROL OVER YOUR FINANCES
AND LEAD TO LESS FINANCIAL STRESS.
USE THIS SHEET TO CREATE A BUDGET THAT WORKS FOR YOU.

| INCOME | | | |
|--------|--------|----------|--------|
| DATE | SOURCE | CATEGORY | AMOUNT |
| | | | |
| | | | |
| | | | |
| | | | |

| BILLS & FIXED EXPENSES | | |
|------------------------|--------|--------|
| DATE | SOURCE | AMOUNT |
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| VARIABLE EXPENSES | | |
|-------------------|--------|--------|
| DATE | SOURCE | AMOUNT |
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| SUMMARY | |
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| SOURCE | AMOUNT |
| INCOME | |
| BILLS & FIXED EXPENSES | |
| VARIABLE EXPENSES | |
| BALANCE | |



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WEEK 4 WORKBOOK

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WEEK 4

Balancing Work With Life

“Balance is not something you find, it's something you create”

— Jana Kingsford

This week, look at all the tasks you are balancing and see if you can make the changes needed to ensure that you get enough YOU time and that you feel in control of your day.

Balance is a feeling of confidence that there is time to complete all responsibilities while not feeling overwhelmed or stressed. Attaining balance is an art that requires special attention and planning. Balance is created when we take the time to plan our week, create priorities, manage obsessions and compulsions, follow interests, and take care of oneself.

Setting Boundaries: How you make yourself, your happiness & your well-being a priority.

Before committing to anything, ask yourself these questions:

1. Will this add to or take away from my personal well-being?
2. Do I truly want to do it? Or do I feel obligated?
3. Will putting this in my schedule burn me out?
4. Do I really have the time, energy and resources to commit?

"ME" Time: Set a daily time slot that belongs to YOU!

WHAT I ENJOY DOING
FOR "ME" TIME

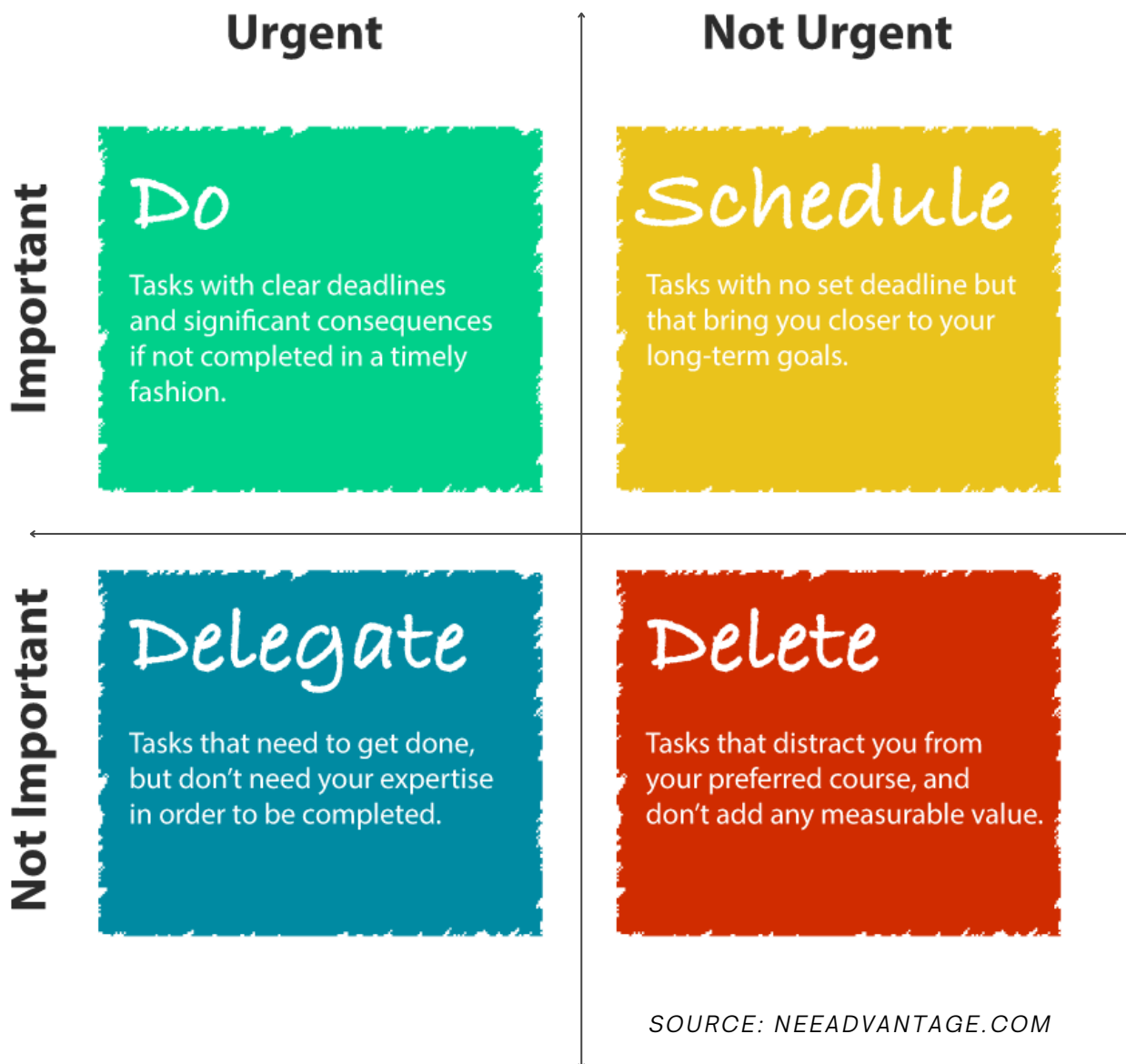
HOW CAN I MAKE THIS A PRIORITY IN MY LIFE?
(SCHEDULE, COMMUNICATE, SET BOUNDARIES)

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What Is TRULY Important To You?

Achieve more balance by realizing what is important and urgent. What is important to one person, might not have the same importance to the next. Ask yourself what you find most important and make sure those items make it on your priorities list!



Prioritizing Goals

Setting and prioritizing goals is important to achieving a feeling of balance in life. Gain clarity on your life goals in each category by writing down things you are doing well and where you'd like to improve.

| CATEGORY | WHAT I AM DOING WELL | WHERE I WOULD LIKE TO IMPROVE |
|------------------------|----------------------|-------------------------------|
| FAMILY | | |
| FRIENDS | | |
| WORK/ SCHOOL | | |
| PHYSICAL HEALTH | | |
| MENTAL HEALTH | | |
| EMOTIONAL HEALTH | | |
| INTELLECTUAL HEALTH | | |
| FINANCIAL HEALTH | | |

Setting Goals

Now that you have an idea of where you'd like to improve, write goals for each category. Be sure to make each goal SMART.

| CATEGORY | SHORT TERM GOAL | LONG TERM GOAL |
|---------------------|-----------------|----------------|
| FAMILY | | |
| FRIENDS | | |
| WORK/ SCHOOL | | |
| PHYSICAL HEALTH | | |
| MENTAL HEALTH | | |
| EMOTIONAL HEALTH | | |
| INTELLECTUAL HEALTH | | |
| FINANCIAL HEALTH | | |



SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?



MEASUREABLE

HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?



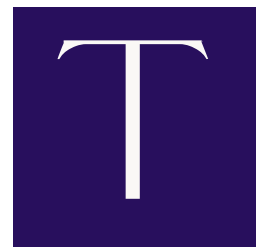
ACHIEVEABLE

HOW CAN THE GOAL BE ACCOMPLISHED?



RELEVANT

DOES THIS SEEM WORTHWHILE?



TIME BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?

WEEK 4 REMINDERS

01



Ask for Help

Ask for help when you need it and learn to recognize what you can handle putting on your plate and delegate tasks others can do.

Let Go of Perfectionism

Perfect doesn't exist. Stop "Shoulding" all over yourself!

02



NO

03

It's Ok To Say 'NO'

Learn to JUST SAY NO. It's not selfish to take time for yourself. Making your well-being a priority only allows you to show up for others more fully.

Unplug And Be Present

Unplug at specified times each day. Like when eating, in the car, after 9pm, home from work, etc.

04



05



Use the 7P's

Proper Preparation, Prioritization, and Planning Prevents Poor Performance

MONTHLY GOALS

| GOAL |
|------|
| |

| ACTION STEPS |
|--------------|
| 1 _____ |
| 2 _____ |
| 3 _____ |
| 4 _____ |
| 5 _____ |

| STRATEGY |
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Created / / To Achieve By / / Achieved

| GOAL |
|------|
| |

| ACTION STEPS |
|--------------|
| 1 _____ |
| 2 _____ |
| 3 _____ |
| 4 _____ |
| 5 _____ |

| STRATEGY |
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Created / / To Achieve By / / Achieved

DAILY PLANNER

START YOUR DAY OFF RIGHT BY
FILLING OUT YOUR DAILY
SCHEDULE, TO-DO'S AND YOUR
TOP GOALS!

DATE: _____

(S) (M) (T) (W) (T) (F) (S)

SCHEDULE

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TOP 3 GOALS

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| 01 | |
| 02 | |
| 03 | |

TO-DO

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NOTES



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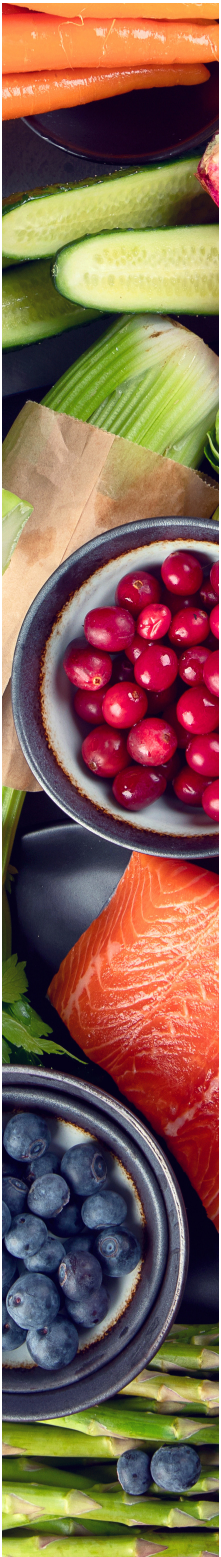


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WEEK 5

Stress-Less Eating

"Stressed" is "Desserts" Spelled Backwards



This week we will learn how stress effects our food cravings and in return, how certain foods either improve or exacerbate our stress.

While food is meant to provide our bodies with nutrients, we often use it for much more than that. Sometimes we seek out certain foods to temporarily ease the effects of emotions like, anxiety, depression, stress, and even boredom. Emotional hunger cannot be satisfied with food as you will continue to crave the act of eating even when physiologically unnecessary.

EMOTIONAL HUNGER

vs

PHYSICAL HUNGER

| | |
|--|---|
| Starts suddenly. | Starts gradually. |
| Felt mostly in your head or on the surface of your thoughts. | Physically felt within your stomach. |
| A sharp craving that tends to be incessant. | A growling pang that tends to come in waves. |
| You become fixated on a specific food, taste, or texture. | You are open to many options, including less palatable foods. |
| Hard to satisfy, often leads to eating until uncomfortably full. | Easy to satisfy with a normal amount of food. |
| May trigger feelings of guilt, self-loathing, regret, or shame. | Doesn't make you feel bad about yourself. |

SOURCE: SLEEKGEEK.CO.ZA

Understand Your Cravings & Eating Habits

"Mindful eating is eating with intention while paying attention."

-Kati Konersman

Emotional eaters tend to lean on food during times of stress, anxiety, depression, and boredom. Follow this [link to test if you are an Emotional Eater](#). Understand your eating habits by thinking of a time you ate for each reason below and what foods you craved for.

You needed comfort

You were bored/lonely

You felt chaos/turmoil

You felt a void in life

WHAT ARE YOU REALLY CRAVING?

FOOD

EMOTIONS

NUTRIENTS



LOVE & INTIMACY



MAGNESIUM



RELAXATION



POTASSIUM



ENERGY



PROTEIN



HAPPINESS



NITROGEN



MENTAL CLARITY



IRON & B-12

Foods Rich in Magnesium:

bananas, broccoli, spinach, nuts, seeds, oatmeal, leafy greens

Foods Rich in Potassium:

bananas, citrus fruits, broccoli, potatoes, cucumbers, root veggies

Foods Rich in Protein :

animal meats, dairy products, nuts, seeds, beans, quinoa

Foods Rich in Nitrogen:

nuts, seeds, beans, peas, lentils, fish, whole grains

Foods Rich in Iron & B-12:

beef, chicken, eggs, fortified cereals

Stress Reducing Eating Habits

C CONTROL

Control how much you eat, when you eat and why you are eating.

A ATTITUDE

Recognize your attitude towards food. Do you have any **SHOULDN'T**, **CAN'T**, or **OFF-LIMIT** foods?

M MINDFUL

Do you make and eat your food with enjoyment?
Do you allow yourself to rest and digest?

P PORTION

Do you know single serving size? Do you eat more than you need? Do you wait before getting seconds?



Stress Reducing Eating Principles:

- Eat whole foods with high nutrient density
- Choose whole grains over refined grains
- Avoid saturated and trans-fats
- Use less salt and added sugar
- Drink 6-8 glasses of water per day
- Eat every 3-4 hours

To Support Healthy Eating Habits:

- Identify if you are emotionally or physically hungry.
- Keep track of your eating habits.
- If you can't stop eating try another activity like writing in your journal, reading a book, chewing gum, drinking a glass of water, going for a walk, calling a friend, etc.
- Keep less tempting foods in your home.
- Sleep well. Lack of sleep could cause more cravings.
- Save treats for special occasions.

Items to Limit to Reduce Stress:

- Sugar
- Processed Foods
- Low Nutrient Foods
- Fried & Fast Foods
- Excessive Caffeine & Alcohol

WEEK 5 REMINDERS

01



Physical vs Emotional Hunger

Eat when your body tells you that you are physically hungry. Try to be aware of the difference between emotional and physical hunger.

Stress Can Cause Cravings

High stress depletes your body of energy causing you to crave high sugar and high fat foods.

02



03

Limit Caffeine Intake

Excessive caffeine can exacerbate stress symptoms. Try limiting to 240 mg. per day (2 cups of coffee, 3 cups of tea, etc.)

Try to Control the Craving

Take 5 minutes before giving into a craving! Can you put off grabbing the first thing you see?

04



05



Make a Shopping List

It all starts with the shopping list. Try to avoid buying high fat, high sugar foods so they are not easily ACCESSIBLE and AVAILABLE.

3-DAY FOOD JOURNAL

GAIN AWARENESS OF YOUR EATING HABITS BY JOURNALING YOUR FOOD FOR 3 DAYS

| | | | DATE: / / |
|---------------------------|-------------|-------------|-----------------|
| MEAL | DAY 1 _____ | DAY 2 _____ | DAY 3 _____ |
| BREAKFAST (FIRST MEAL) | | | |
| SNACKS | | | |
| LUNCH (SECOND MEAL) | | | |
| SNACKS | | | |
| DINNER (THIRD MEAL) | | | |
| NOTES | | | |



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WEEK 6

Applying Practical Relaxation Skills

“Just as we have the ability to evoke the fight or flight response to stress, we can also induce its’ opposite, the relaxation response”
-Herbert Benson



Relaxation is a healthy skill that can be incorporated for stress relief. It can be very hard to allow our body and mind to relax, it takes mindful practice! This week we will learn 5 short relaxation techniques.

Relaxation has been proven to slow heart and breathing rates while activating the rest and digest nervous system. To combat the stress response in the body, we can learn to achieve its opposite: the relaxation response, a state of deep calm. The relaxation response puts the brakes on stress and brings your body and mind back into a state of balance.

Taking care of our body's well-being will make handling the stress response much easier. Assess your self-care habits below:

| <u>SELF-CARE HABIT</u> | <u>HOW ARE YOU CURRENTLY DOING?</u> | <u>ARE THERE WAYS YOU CAN IMPROVE?</u> |
|------------------------|-------------------------------------|--|
| SLEEP | | |
| HYDRATION | | |
| EXERCISE | | |
| NUTRITION | | |
| RECHARGE TIME | | |

Practice Visualization to Manage Stress

When you have unwanted thoughts

Stop sign technique: Imagine a big red stop sign on a street with a clear blue sky. Focus on the stop sign & repeat the word "stop."

When you are focused on the "What If's"

Favorable Outcome Visualization: Visualize a favorable resolution to a stressful situation or the best case scenario you can imagine.

When you are being hard on yourself

Compassion Mantra: Visualize giving yourself a hug and say or think a positive mantra like "I am worthy of love & understanding."

When you feel tense from stress

Visualize stress leaving the body. You can use water or light as the object that washes the stress away from your body.

When you're feeling overwhelmed

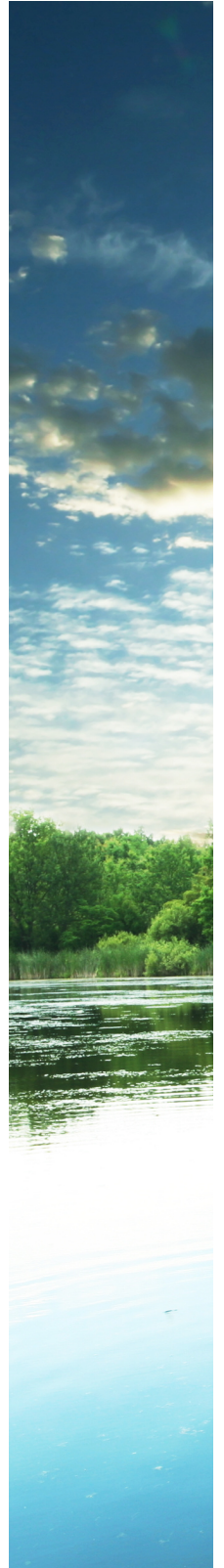
Imagine yourself in a beautiful, peaceful place using all of your senses to enjoy the scene for 2-5 minutes.

When anxious thoughts are keeping you awake

Imagine people chatting outside a double paned window. Close the window and quiet all the voices and thoughts behind it.

When you're stuck in a negative mindset

Recall a happy memory. When recalling the memory, try and visualize every detail as you remember it.



Utilizing Various Types of Relaxation

Relax! It's a Healthy Choice!

10 Steps to Mindful Meditation



Create time & space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction



Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.



Find a comfortable sitting position.

Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



Check your posture.

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space



Direct attention to your breath.

Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



Repeat steps 6-7.

For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



Be kind to yourself.

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



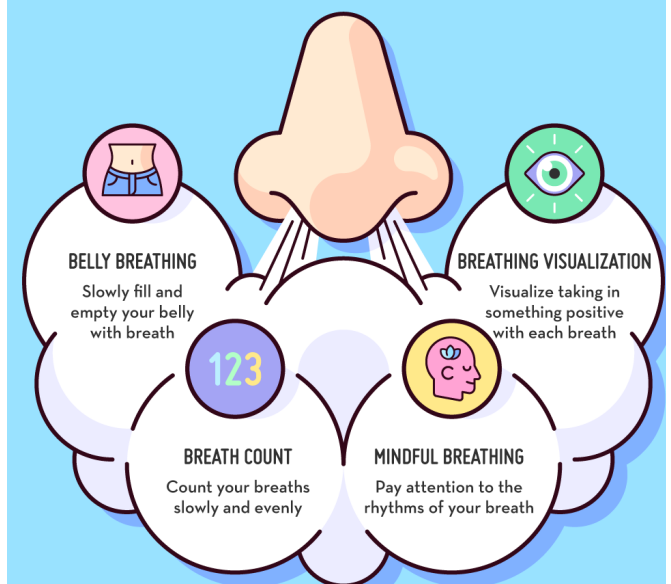
Prepare for a soft landing.

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

SOURCE: GARRISONINSTITUTE.ORG

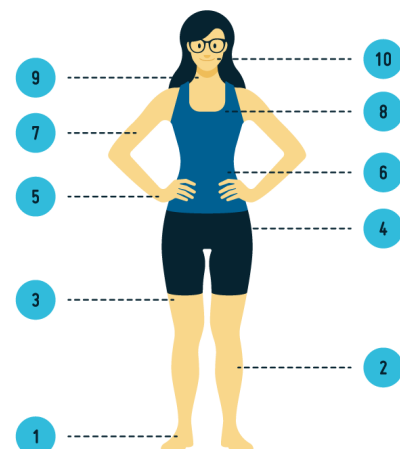
JUST TAKE A DEEP BREATH.

Start the week calm with four deep breathing techniques.



RELAX YOUR MUSCLES TO RELIEVE STRESS

Ease tension one muscle group at a time.



SOURCE: DESTRESSMONDAY.ORG

Central Focus: This week, during a stressful moment, pick an object and stare at it while breathing normal for 2-5 minutes.

WEEK 6 REMINDERS

01



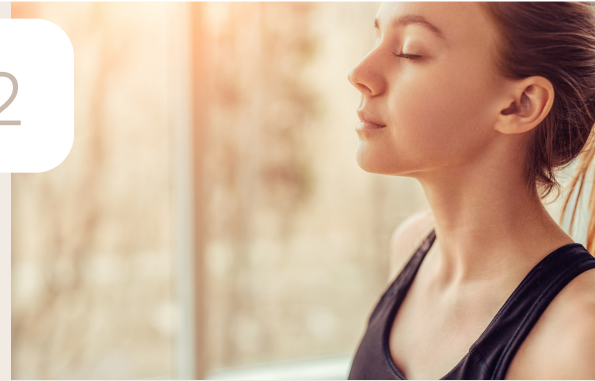
Center Yourself With Breath

Take time to center yourself whenever you feel overwhelmed. Take a breath and try to relax.

Take Breath Breaks

Each hour, set your alarm to do 1 minute of focused deep breaths during your workday.

02



03

Take Your Vacation Time

Take a week off every 6 months minimum and don't do work while you are on PTO. Don't worry about what will build up while you are gone!

Manage Boundaries

Keep work and home separate. If you work from home, try keeping work in a separate area so that it doesn't cause a shift in attention during your personal time.

04



05



Control Your Reactions

Take a moment and think before REACTING when you are feeling stressed, angry, or upset.



You Completed
STRESS-LESS
Congratulations!

You should be proud of yourself for investing time and energy into bettering your health through reducing and managing your stress. We hope you gained a better understanding of your stress and tools to manage it.

Remember that growth takes mindful consistency, continue utilizing the tools you learned in this program and enjoy your life more as it becomes Stress LESS!



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