

5 WAYS TO REDUCE STRESS

GET ENOUGH SLEEP



1. Try going to bed and waking up at the same time each day, avoid caffeine after noon, and create a relaxing sleep environment.

LEARN RELAXATION TECHNIQUES



2. Meditate, try progressive muscle relaxation, do deep breathing exercises, practice yoga

FOCUS ON RELATIONSHIPS



3. Connect with others by phone, or computer. Spend time doing something fun with those you love. Pet your dog/cat

GET ORGANIZED



4. Use strategies to help manage your workload; these can also reduce stress. For example, each day, create a concrete list of tasks you need to accomplish. This way, your duties won't seem overwhelming. Making a list also gives you a clear end point so you know when you are done.

NURTURE YOURSELF



5. Eat healthy food, take a shower, walk, listen to your favorite music, spend time doing something you enjoy. Ask for help if you need it. Your organization may have an EAP with resources for assistance

INSIGHTS UNDER STRESS

WHAT CAUSES YOU STRESS?

Blank area for notes on stress causes.

WHAT SIGNS OF STRESS DO YOU EXPERIENCE?

Blank area for notes on stress signs.

COMMIT TO 2 ACTIONS TO HELP MANAGE YOUR STRESS THIS WEEK

Blank area for notes on stress management actions.

Cool Blue Energy Under Stress

Stressful Triggers

Lack of information, structure and logic
Poor quality of work
Time wasted or task rushed

Signs of Stress

Becomes questioning and deliberate
Nit picking
Aloof, Withdrawn and resentful

Remedy

Give yourself space and quiet time to think
Step away and regroup
Communicate your needs
Read an article or book that you feel you can learn from.

Fiery Red Energy Under Stress

Stressful Triggers

Lack of focus
Indecisiveness
Being out of control

Signs of Stress

Becomes aggressive
Impatient
Irritable, demanding

Remedy

Focus on an activity that allows you to control the outcome and experience the success Delegate tasks to others to help

Earth Green Energy Under Stress

Stressful Triggers

Unfair or impersonal treatment
Violation of values
Interruptions or time pressures

Signs of Stress

Becomes silent
Judgmental, Impersonal
Stubborn and over cautious

Remedy

Take time to process thoughts and emotions
Connect with others
Take time for self care

Sunshine Yellow Energy Under Stress

Stressful Triggers

Restriction on flexibility, no interaction, personal rejection

Remedy

Slow down and take time to prioritize tasks
Focus on one thing at a time
Connect with others

