Stress Management: Identifying Stress and Coping Strategies

What is your definition of stress?

One definition – Stress is the response to a perceived demand, internal or external, on our mind, body, or emotions.

How can stress affect us?

A. Physically

B. Emotionally

C. Cognitively (mentally)

A Model of Stress Components

Learn more about your health care.
Identify Signs of Stress

- **Physical examples**
  - Muscle tension
  - Racing heart
  - Headache
  - Upset stomach

- **Emotional examples**
  - Anxiety
  - Depression

- **Cognitive examples**
  - Thought distortions ("should" statements, fortune telling)

Ways of Coping with Stress

- **Physical**
  - Exercise
  - Progressive muscle relaxation
  - Deep breathing
  - Yoga

- **Emotion-Focused**
  - Talking with others
  - Writing in a journal
  - Listening to music

- **Cognitive**
  - Battle cognitive distortions, such as “should” statements. For example, instead of “I should be able to do more,” say, “I would like to do more but I am doing the best I can.”
  - Balance positive and negative thoughts.
  - Challenge your negative thoughts.