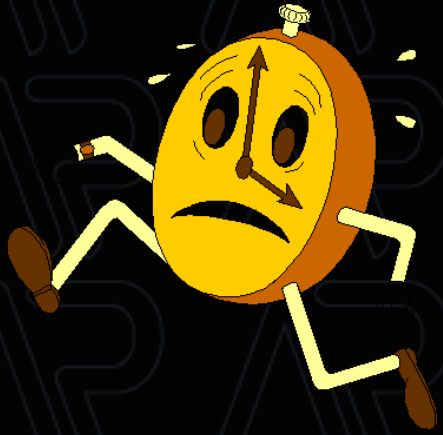




Stress Management

The greatest weapon against stress is our ability to choose one thought over another

Guidelines





Company Profile



Trainer Profile

What is Stress?

“Stress is a state of worry or mental tension caused by a difficult situation”
– WHO Definition

“Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances” – Dictionary Definition

“pattern of negative physiological responses occurring in situations where people perceive threats to their well being which they may be unable to meet” –
Psychologists Definition

What is Stress?

“

Stress is the psychological, physiological and behavioral response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health

S. Palmer (1989). Occupational stress. *The Health and Safety Practitioner*

”

Stress Impact on Us

- Health decay
(High blood pressure, Heart diseases, Diabetes, Hearing and sight decay)
- Psychological diseases
(Anxiety, Depression, Insomnia)
- Negative impact on social relationships
- Negative impact on career
- Making wrong decisions
- Main reason for failure

Stress Symptoms

- Rapid anger
- Hand sweat
- Muscles tension
- Anxiety
- Lack of focus
- Sleeping disorder
- Frequent irritation
- Crying without a reason
- Feeling lonely
- Emotional disorder
- Social isolation
- Increased average of heart beat
- Mood swing

Exercise 1



List 10 things or behaviors that cause you to be stressed

Stressors



Income



Time



Responsibilities



Family



Superior

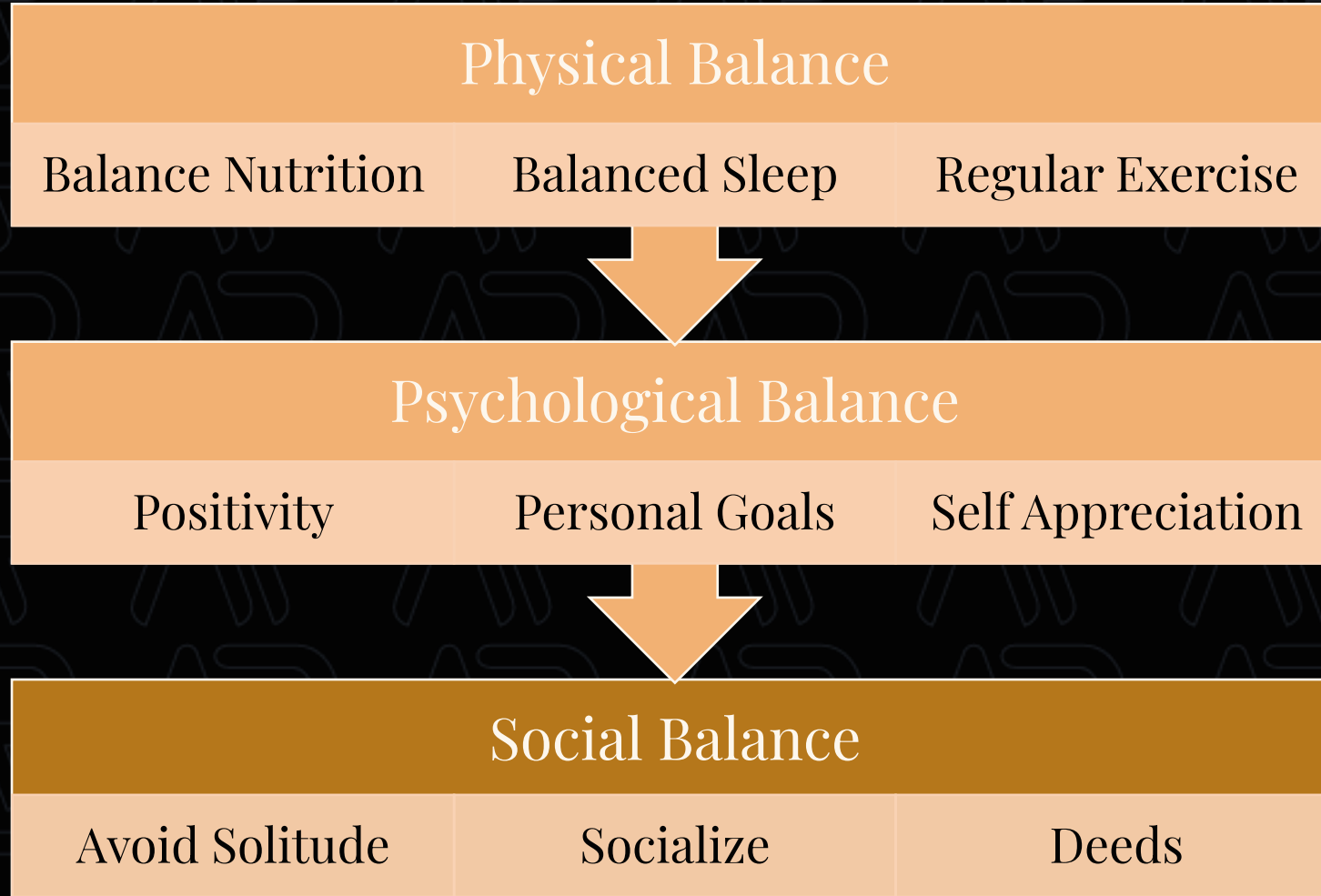


Friends



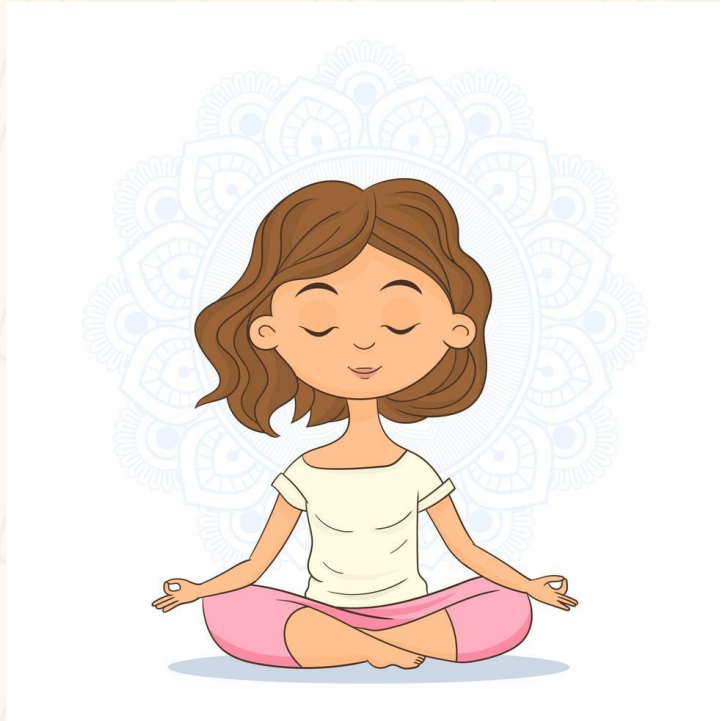
Pessimism

Equilibrium



Everyone is susceptible to stress, the safest way is to prevent yourself from falling into it.

Exercise 2



List 10 things or behaviors that help you to relieve your stress

Common Healthy Stress Relieves

Having Fun	Fun activities help the blood circulation, body muscles and produce joy.
Listening to Jokes	Comedy helps reducing stress and distracts from undesirable thoughts.
Walking / Exercising	Exercising helps focusing and reduces tension.
Drinking Water	Water helps the body to waste toxics and improves blood circulation.
Little Nap	Naps can renew your energy and help exiting from tension.
Hot / Cold Drink	Healthy drinks help on relaxation.
Watching Movies / Shows	Watching helps on exiting tension and encourages imagination.
Practicing Hobby	Hobbies can help you energize and reduce tension.
Talking to a Friend	Talking help to reduce tension and gain emotional support.
Reading a Book	Reading helps in reducing tension and imagination.

Stress Log

Date	Stressor	Physical Symptoms	Psychological Symptoms	Reaction	Stress Relief	Improvement
------	----------	-------------------	------------------------	----------	---------------	-------------

- What is a “Stress Log”?
- Why do we need a stress log?
- How can we benefit from recording the stress moments?

Exercise 3

- Every 3 to 4 people together
- Write an imaginary stress log



Types of Stressors

Examples of Internal Stressors:

- Inability to accept uncertainty
- Pessimism
- Negative self-talk
- Unrealistic expectations
- Rigid thinking, lack of flexibility
- All-or-nothing attitude
- Need to always be perfect



Strategies to Manage Stress

Stress Managing Strategies

Change The Situation

Change Your Behavior

**Change
The Stressor**

**Avoid
The Stressor**

**Accept
The stressor**

**Adapt to
The Stressor**

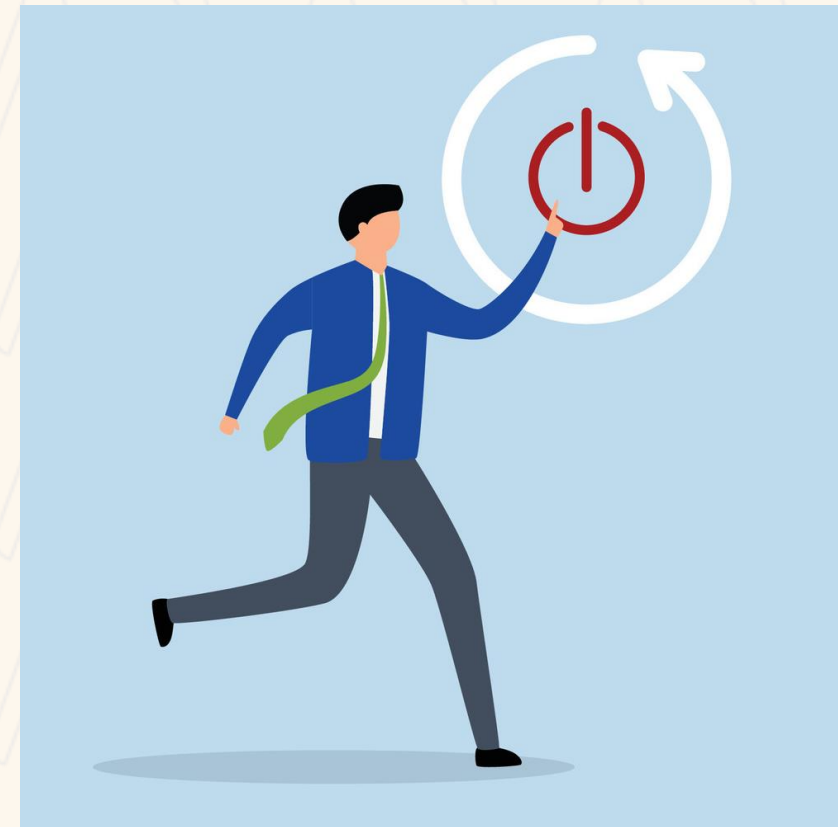
Short Story

“

I'm Not A Dumpster

”

Strategies to Manage Stress: Change The Stressor



Exercise 4: Role Play

- Every 2 people together
- Take one of the listed roles while the other try to stop this person.
- Roles:
 - Loud Co-worker (Makes humming and other noises)
 - Annoying Co-worker (Takes your belongings without permission)
 - Bossy Manager (Takes your parking spot that you have paid for)



Strategies to Manage Stress: Avoid The Stressor

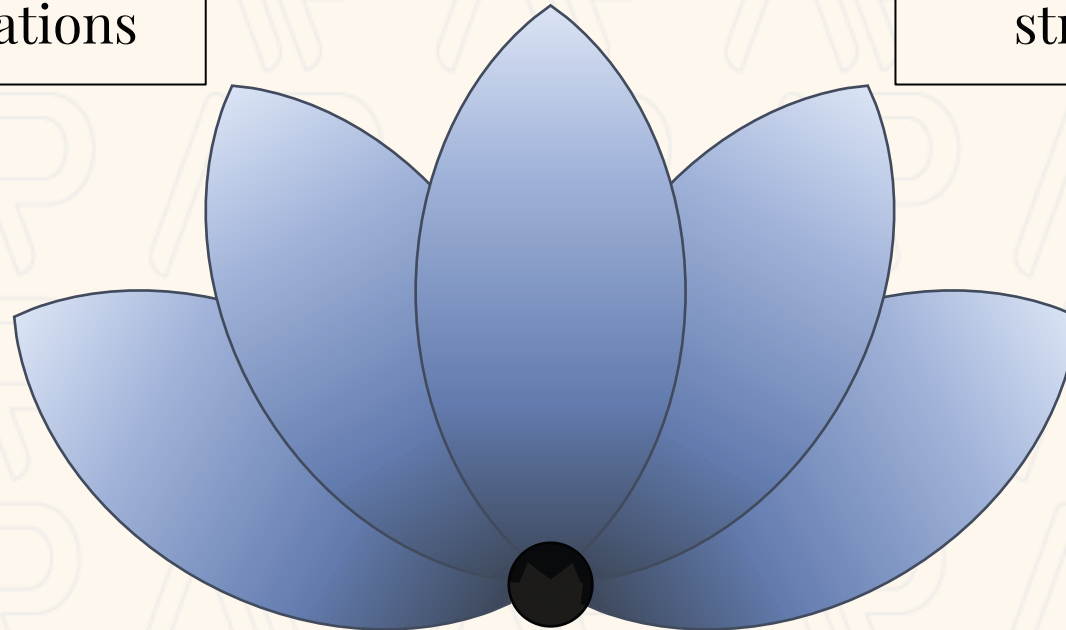
Avoid stressing
topics
conversations

Learn to say “NO”

Avoid people
causing you to
stress out

Pare down your
to-do list

Be in control; Take
control of your
environment



Exercise 5: Role Play

- Every 2 people together
- Take one of the listed roles while the other try to avoid this person.
- Roles:
 - Grumpy Person
 - Controlling Person
 - Person likes to discuss stressful topics



Strategies to Manage Stress: Accept The Stressor

Don't try to
control the
uncontrollable



Look for the



upside

Share your
feelings



Learn to



forgive

Short Story

“

Steaming Off Prevents Explosion

”

Strategies to Manage Stress: Adapt to The Stressor

Reframe problems



Adjust your
standards



Look at the big
picture

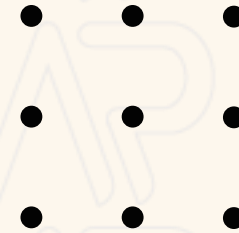


Focus on the
positives



Exercise 6:

- Everyone by his own, in a piece of paper, try to connect all the nine dots with 4 straight lines only without taking the pen off the paper.



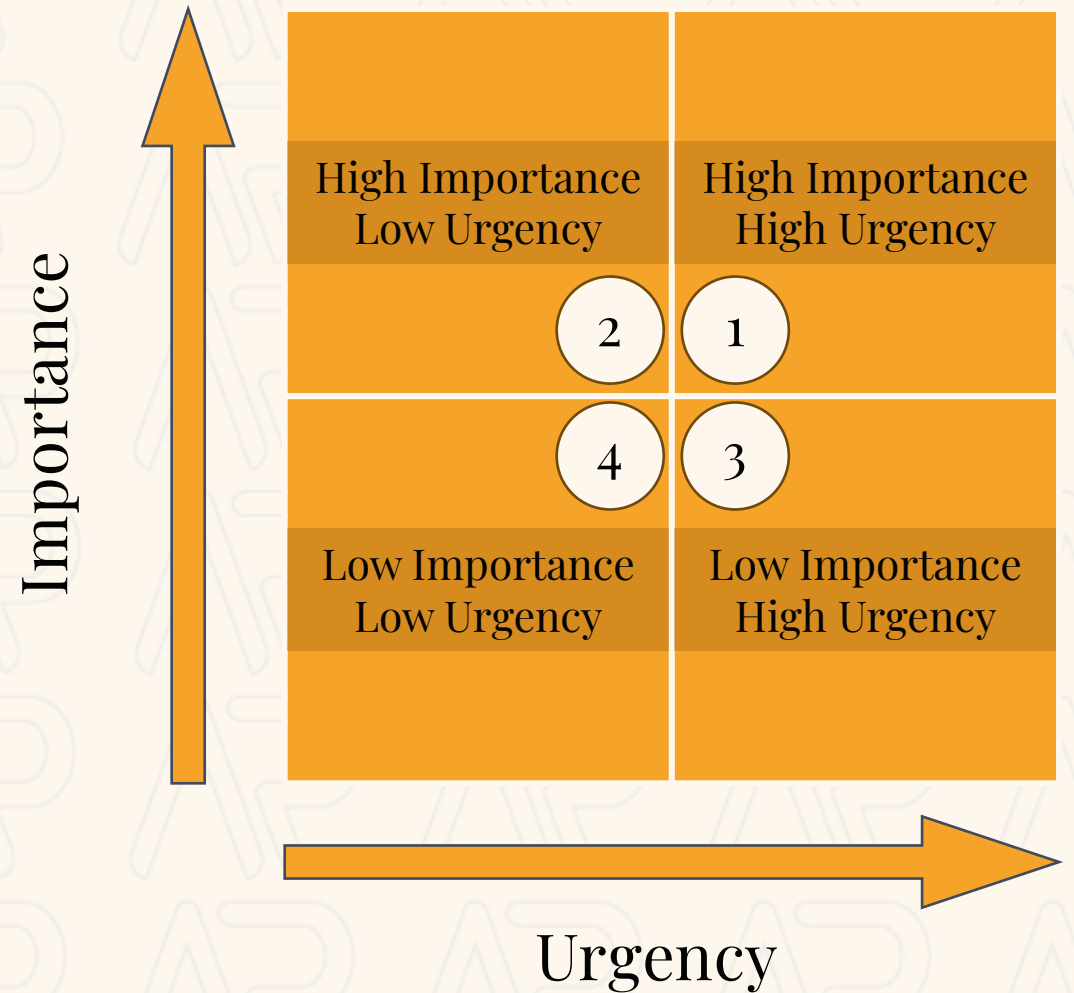
Exercise 7:

- Everyone by his own, in a piece of paper, list 4 of your own stressors (one from each category) and how are you going to deal with it in the future.



Tasks Prioritizing

- Important & Urgent tasks are the top of your list
- Unimportant & Not Urgent task are at bottom of your list
- What about what is important but not urgent? Is it always being taken over by urgent but not important?

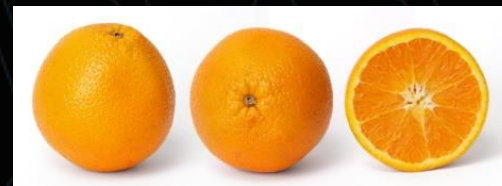


Exercise 8:

- Every in his seat or around it.
- Follow the instructor with some lite morning exercise and stretching.
- Background sound: Forest, Nature, Ocean, Rain or any relaxing sound.



Energy Givers & Takers



Energy Givers & Takers

Energy Givers or Energizers are the activities and the people that radiate positive energy and leave you feeling recharged and inspired.

They uplift your spirits and make you feel good about yourself and the world around you.

- A refreshing glass of water
- A warm cup of coffee or tea
- Movement
- Stretching
- Exercise
- Fresh air
- Supportive friends and family
- People you can be yourself with
- People that make you feel happy
- Boundary setting
- Reading
- Self-care
- A warm hug
- Journaling
- Working on your hobbies
- Dancing
- Massages
- Volunteering
- Deep breathing
- Nutritious, wholesome food
- Power naps
- Good sleep habits
- Music
- Trying and learning new things
- Traveling
- Dreams and goals that you are working towards
- Practicing gratitude
- Growth mindset
- Spending time with pets
- Spiritual Practice

Energy Takers or Drainers are the activities and people that drain your energy and leave you feeling depleted and exhausted.

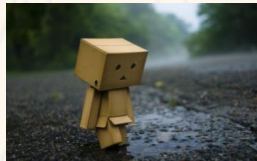
After interacting with such people, or doing those activities, you are left feeling emotionally and physically drained.

- Family members with persistent negative vibes or toxic behaviors
- Social media accounts that trigger comparatives or make you feel envious
- People that make you feel inadequate
- People who are always creating drama or chaos
- People who violate your boundaries
- Not being clear about your boundaries
- Psychoanalyzing every person, every conversation, every action
- Constantly complaining
- Repressing your emotions
- Junk food
- Binge-eating
- Overthinking
- Over-exercising
- Poor sleep hygiene
- Excessive screen time
- Excessive stress
- Excessive alcohol
- Foregoing rest for productivity
- Not taking a break
- Perfectionism
- Being passive aggressive
- Resentment / anger / envy
- Victim mindset

Energy Givers & Takers

Energizing

Reduce Drainers

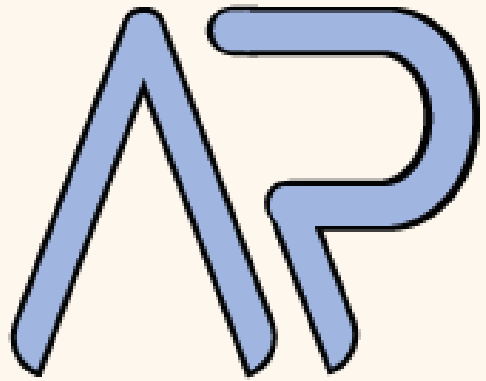


Convert Drainers to Energizers



Increase Energizers





You deserve to be loved so
you must start by loving
yourself.