Follow this 3-step system to manage your stress in a healthy way!

**STEP 1:**
IDENTIFY THE STRESSORS IN YOUR LIFE
Are there certain situations, circumstances, relationships or responsibilities that are acting as stressors in your life right now?

**STEP 2:**
DETERMINE WHICH STRESS MANAGEMENT TECHNIQUES HAVE AND HAVE NOT WORKED FOR YOU IN THE PAST.
ASSESS WHETHER OR NOT THEY WERE HEALTHY STRATEGIES.

Healthy stress management technique assessment:
- The technique was effective
- It did not prevent me from dealing with the stressful situation
- It did not create more stress for me or others
- It did not put me or others at risk
- It had positive long-term effects
- It did not use more resources (financial, physical, emotional, etc.) than I could afford

**STEP 3:**
TAKE ACTION!
EXPLORE NEW, POTENTIAL STRESS MANAGEMENT TECHNIQUES AND TRY THEM OUT!
Determine what works for you!

<table>
<thead>
<tr>
<th>Decrease stress at its source</th>
<th>Physical Activity!</th>
<th>Creativity</th>
</tr>
</thead>
<tbody>
<tr>
<td>❖ Set boundaries in stressful relationships</td>
<td>❖ Exercise (yoga, walking, running, stretching)</td>
<td>❖ Journaling, drawing, writing</td>
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<tr>
<td>❖ Evaluate priorities in an over-committed schedule</td>
<td>❖ Non-competitive sports</td>
<td>❖ Hobbies</td>
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<td>❖ Engage the five senses! (aromatherapy, get outside)</td>
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<tr>
<th>Self-care &amp; Socializing</th>
<th>Time management</th>
<th>Relaxation</th>
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<tbody>
<tr>
<td>❖ Healthy diet</td>
<td>❖ Plan ahead</td>
<td>❖ Passive/Progressive Muscle Relaxation exercises (find them on YouTube)</td>
</tr>
<tr>
<td>❖ Positive self-talk</td>
<td>❖ Prioritize tasks and responsibilities</td>
<td>❖ Meditation</td>
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<tr>
<td>❖ Make time for the things you enjoy!</td>
<td>❖ Schedule “me time”</td>
<td>❖ Deep breathing</td>
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<tr>
<td>❖ Vent to a friend, family member, mentor, counselor</td>
<td>❖ Decrease procrastination</td>
<td>❖ Get your sleep!</td>
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<td>❖ Set goals &amp; reward yourself when goals are met</td>
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<td></td>
<td>❖ Use a planner</td>
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Remember: When developing stress management techniques, keep in mind that the effectiveness of the strategy is unique to each situation, stressor and individual. Finding the right strategy for you will involve trial-and-error, exploration and creativity!
THE EFFECTS OF STRESS
AND WHAT YOU CAN DO ABOUT IT

No surprise — stress is a major issue affecting most of the U.S. population. Though it’s everywhere, many people aren’t aware of its impact on health, wellbeing, careers and relationships. Stressors hit people in different ways, and there’s no simple solution. But there are many ways that we can manage life to keep stress in check.

TECHNOLOGY
A study found that workers distracted by e-mail and phone calls suffer a fall in productivity and productivity民国gains. Participants in a study about Facebook said it reduced their mental focus, causing them to multi-task and become frustrated with applying different rules of etiquette to different friends.

WORK
77% of Americans are stressed by at least one thing at work.
Stress costs businesses billions of dollars each year for reasons such as decreased productivity, decreased health, and compensation claims.

RELATIONSHIPS
73% of Americans in America are stressed by family responsibilities.
Did you know that stress is contagious? This phenomenon has been linked to mirror neurons. Brain cells involved in empathy mirrors.

MONEY
76% of Americans are stressed about money.
A 2016 study found that paying bills and managing accounts is the most stressful household task — even worse than housework.

SIGNS OF STRESS INCLUDE:
- IRRITABLE BLOOD PRESSURE
- MIGRAINE
- DECREASED CONCENTRATION
- INCREASED INFLAMMATION
- INCREASED INFLAMMATION

WHAT YOU CAN DO ABOUT IT
Stress can be crippling, but successful stress management can make dramatic improvements in your life. One study found that major characteristic consistent among people who live to 100 is the ability to manage stress. Want to be among them? Then try the simple tips below.

EXERCISE
48% of adults exercise or walk to manage stress.
If your schedule doesn’t allow for regular trips to the gym, try parking further away and walking to work, taking the stairs, or stretching at your desk to relax.

ORGANIZE
Clutter in your physical environment can affect your mood and productivity. Cleaning your work space just might help you clear your head, too.

SURE! Why not? I CAN’T Sorry!
Feeling out of control is a top stressor. To try focusing on what you can control, set small, achievable goals that give you a sense of daily accomplishment.

TAKE CHARGE
Learning to say "NO". Tackling your tasks when you’re already busy may seem helpful, but too much on your plate is likely to decrease the quality and volume of work you actually accomplish.

SCHEDULE "ME TIME"
31% take a hot bath
35% listen to music
49% do nothing

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Sources include: American Psychological Association, American Institute of Stress, and PsychoCure.