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>
<th>Time management</th>
<th>Relaxation</th>
</tr>
</thead>
<tbody>
<tr>
<td>✷ Set boundaries in stressful relationships</td>
<td>✷ Exercise (yoga, walking, running, stretching)</td>
<td>✷ Journaling, drawing, writing</td>
<td>✷ Plan ahead</td>
<td>✷ Passive/Progressive Muscle Relaxation exercises (find them on YouTube)</td>
</tr>
<tr>
<td>✷ Evaluate priorities in an over-committed schedule</td>
<td>✷ Non-competitive sports</td>
<td>✷ Hobbies</td>
<td>✷ Prioritize tasks and responsibilities</td>
<td>✷ Meditation</td>
</tr>
<tr>
<td>✷ Decrease your stress at its source</td>
<td>✷ Schedule “me time”</td>
<td>✷ Engage the five senses! (aromatherapy, get outside)</td>
<td>✷ Decrease procrastination</td>
<td>✷ Deep breathing</td>
</tr>
<tr>
<td>✷ Vent to a friend, family member, mentor, counselor</td>
<td>✷ Set goals &amp; reward yourself when goals are met</td>
<td>✷ Get your sleep!</td>
<td></td>
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</tbody>
</table>

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!

Adapted from: InnerHealthStudio.com
March 2014
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 single 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 full 30 more than those that lived in marijuana smokers. Participants in a study about Facebook said the site made them feel anxious, guilty over reporting friends and frustrated with updating online statuses and empathy towards different friends.

WORK
77%
BILLIONS
Stress is one of the most stressful things in life. It costs businesses billions of dollars each year for reasons such as reduced productivity, depression, & compensation claims.

RELATIONSHIPS
73%
Did you know that stress is contagious? This phenomenon has been linked to mirroring neurons. Brain cells involved in empathy mechanisms.

MONEY
76%
A 2016 study found that paying bills and managing accounts is the most stressful household task of all said those over 50.

EXERCISE
48%
of adults exercise or walk to manage stress.

- ORGANIZE
- SURE!
- WHY NOT?
- CAN'T SORRY!

- SLEEP
- LESS STRESS

- ME TIME
- 31% miles with a hobby
- 35% play video games
- 49% listen to music

- SCHEDULE "ME TIME"

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

- ORGANIZE
- SLEEP
- TREAT YOURSELF

- SCHEDULE "ME TIME"
- 31% miles with a hobby
- 35% play video games
- 49% listen to music

Brought to you by: C3Stress.com