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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<tr>
<th>Self-care &amp; Socializing</th>
<th>Time management</th>
<th>Relaxation</th>
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<tr>
<td>- Healthy diet</td>
<td>- Plan ahead</td>
<td>- Passive/Progressive Muscle Relaxation exercises (find them on YouTube)</td>
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<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>
</tr>
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| - Set goals & reward yourself when goals are met | - Use a planner | - |

**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 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 loss of 22% more than those that don’t. Participating in a study about Facebook said the site made that 10% more, guilty ever neglecting email requests, pressured to post inventive updates, and frustrated with applying different rules of online etiquette to different friends.

WORK
77% of Americans are stressed by at least one thing at work.
Stress costs businesses billions of dollars every year for reasons such as reduced productivity, absences, & compensation claims.

RELATIONSHIPS
73% of Americans 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 matches.

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!

WHAT YOU CAN DO ABOUT IT

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

ORGANIZE
Deep stress believe if: stress is a major way of managing stress.

SURE! Why not? I CAN’T SORRY!

TAKE CHARGE
Feeling out of control is a top stressor. So try focusing on what you can control. Set small, achievable goals that give you a sense of daily accomplishment.

SCHEDULE “ME TIME”
Taking “me time” is one of the most popular ways that Americans tackle their stress:

- 31% of adults with a hobby
- 35% playing video games
- 49% listen to music

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