

Sept 12, 2019

## Stress Continued

- Coping with stress
- Measuring your stress and coping skills activity

### Warm-Up

In 2014,  % of Canadians aged 15 and older (6.7 million people) reported that most days were 'quite a bit' or 'extremely stressful'. Since 2003, females were more likely than males to report that most days were 'quite a bit' or 'extremely stressful'.



# Coping with Stress

Recognize and understand what causes you stress

Make Healthy Lifestyle Choices

Learn and Implement Time Management Skills

Learn when to say no

Regularly practice relaxation techniques

## Some Stress Coping Strategies

**Exercise** i.e. a 30 minute walk, going to the gym, dancing, swimming, raking leaves, biking etc

**Relaxation Techniques** i.e. meditation, abdominal breathing, yoga, massage etc

**Lifestyle Change** i.e. reducing caffeine, limiting foods like sugar, limit the amount of alcohol you consume, get more sleep, manage your time better, listen to music etc

**Re-framing**- think of situations in a more positive light, always see the bright side of everything

**Laughter and Humor**- laughing releases endorphins (pain relieving chemicals)

**Create a memory bank** - take 5 minutes a day to notice things that made you happy that day and store them, maybe journal about them. i.e. watching a sunset, birds singing in the morning, someone's smile etc

### Breathing Technique



Complete the lab activity 10-3:  
Measuring Your Stress and Coping Skills