

Feb 5, 2020

Stress Continued

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

Sleep

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**