

# Stress Less, Live More

## Recognizing early warning signs

• Irritability

• Fatigue

• Anxiety

• Depression

• Headaches

• Stomach issues

• Changes in sleep patterns

• Changes in appetite

• Changes in concentration

• Changes in social interactions

• Changes in physical appearance

• Changes in mood

• Changes in energy levels

• Changes in overall health

• Changes in behavior

• Changes in thinking

• Changes in emotions

• Changes in physical health

• Changes in mental health

• Changes in social life

• Changes in work life

• Changes in family life

• Changes in personal life

• Changes in overall well-being

• Changes in quality of life

• Changes in life satisfaction

• Changes in happiness

• Changes in peace of mind

• Changes in inner strength

• Changes in resilience

• Changes in coping skills

• Changes in stress management

• Changes in emotional regulation

• Changes in cognitive function

• Changes in memory

• Changes in attention

• Changes in decision-making

• Changes in problem-solving

• Changes in creativity

• Changes in innovation

• Changes in productivity

• Changes in efficiency

• Changes in effectiveness

• Changes in overall performance

## Techniques to Control Stress

• Control Breathing

• Relaxation

• Meditation

• Yoga

• Tai Chi

• Pilates

• Aikido

• Judo

• Karate

• Taekwondo

• Kung Fu

• Muay Thai

• Boxing

• Wrestling

• Jujitsu

• Brazilian Jiu Jitsu

• Mixed Martial Arts

• Kickboxing

• Capoeira

• Fencing

• Equestrian

• Rowing

• Canoeing

• Kayaking

• Sailing

• Surfing

• Windsurfing

• Kitesurfing

• Paragliding

• Skydiving

• Bungee Jumping

• Rock Climbing

• Mountaineering

• Ice Climbing

• Skiing

• Snowboarding

• Water Skiing

• Wakeboarding

• Windsurfing

• Kitesurfing



### Regularly Exercise Can Reduce Stress

- ◆ Maintain a healthy diet
  - A healthy body works better



**REDUCE**

## Stress Management

## Stress Relief

- ◆ Deep Breathing

Inhale, breathe in and hold it for a few seconds then release slowly. Repeat. Take 10 deep breaths.

- ◆ Relaxation

• Sit in a comfortable position, close your eyes, and relax your body.

• Focus on your breathing.

- ◆ Enter Your Back

• Stand with your feet shoulder-width apart.

- ◆ Relax Forward

• Stand with your feet shoulder-width apart, arms at your sides, and head, neck, and shoulders in a straight line.

• Inhale and lift your arms up and over your head, keeping your feet flat on the floor.

• Exhale and lower your arms back down to your sides, keeping your feet flat on the floor.

## Chronic Stress

Self-assess how much stress you are currently dealing with.

1. How often do you feel stressed? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

2. How often do you feel overwhelmed? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

3. How often do you feel exhausted? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

4. How often do you feel nervous or anxious? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

5. How often do you feel irritable? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

6. How often do you feel difficulty concentrating? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

7. How often do you feel difficulty sleeping? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

8. How often do you feel difficulty remembering things? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

9. How often do you feel difficulty making decisions? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

10. How often do you feel difficulty getting things done? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

11. How often do you feel difficulty staying motivated? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

12. How often do you feel difficulty staying focused? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

13. How often do you feel difficulty staying calm? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

14. How often do you feel difficulty staying patient? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

15. How often do you feel difficulty staying organized? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

16. How often do you feel difficulty staying on task? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

17. How often do you feel difficulty staying productive? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

18. How often do you feel difficulty staying positive? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

19. How often do you feel difficulty staying happy? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)

20. How often do you feel difficulty staying healthy? (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = every day)