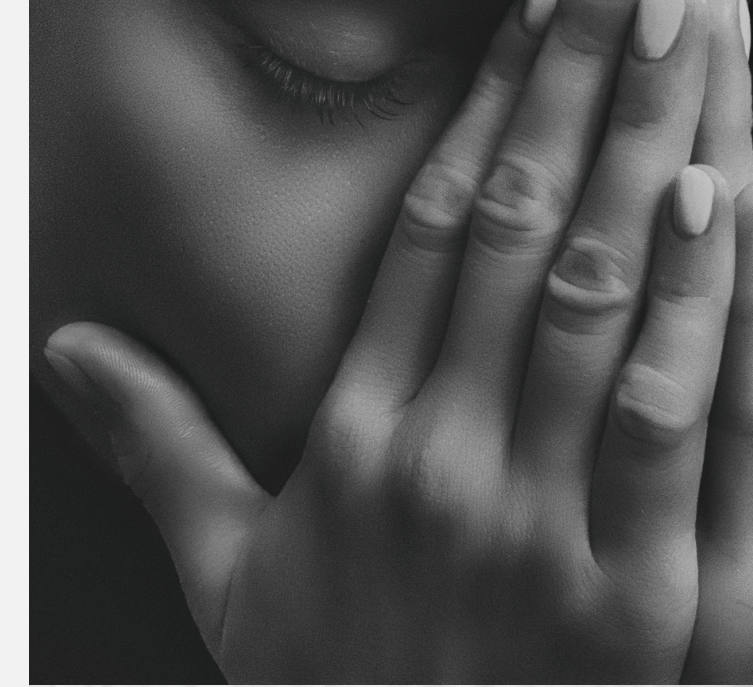


#MENTALHEALTHAWARENESSMONTH

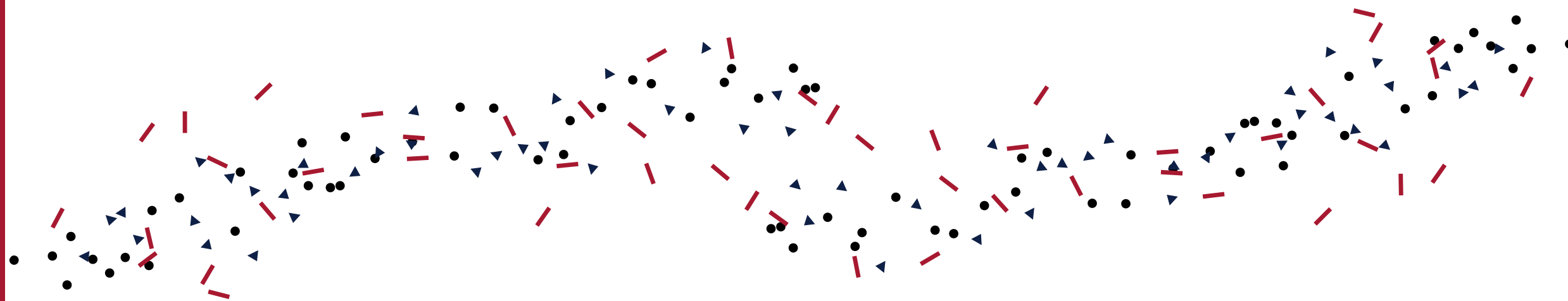


YOU MATTER!
Nourish to Flourish



#MentalHealthMatters



ADDRESS YOUR STRESS: PERSONAL STRESS



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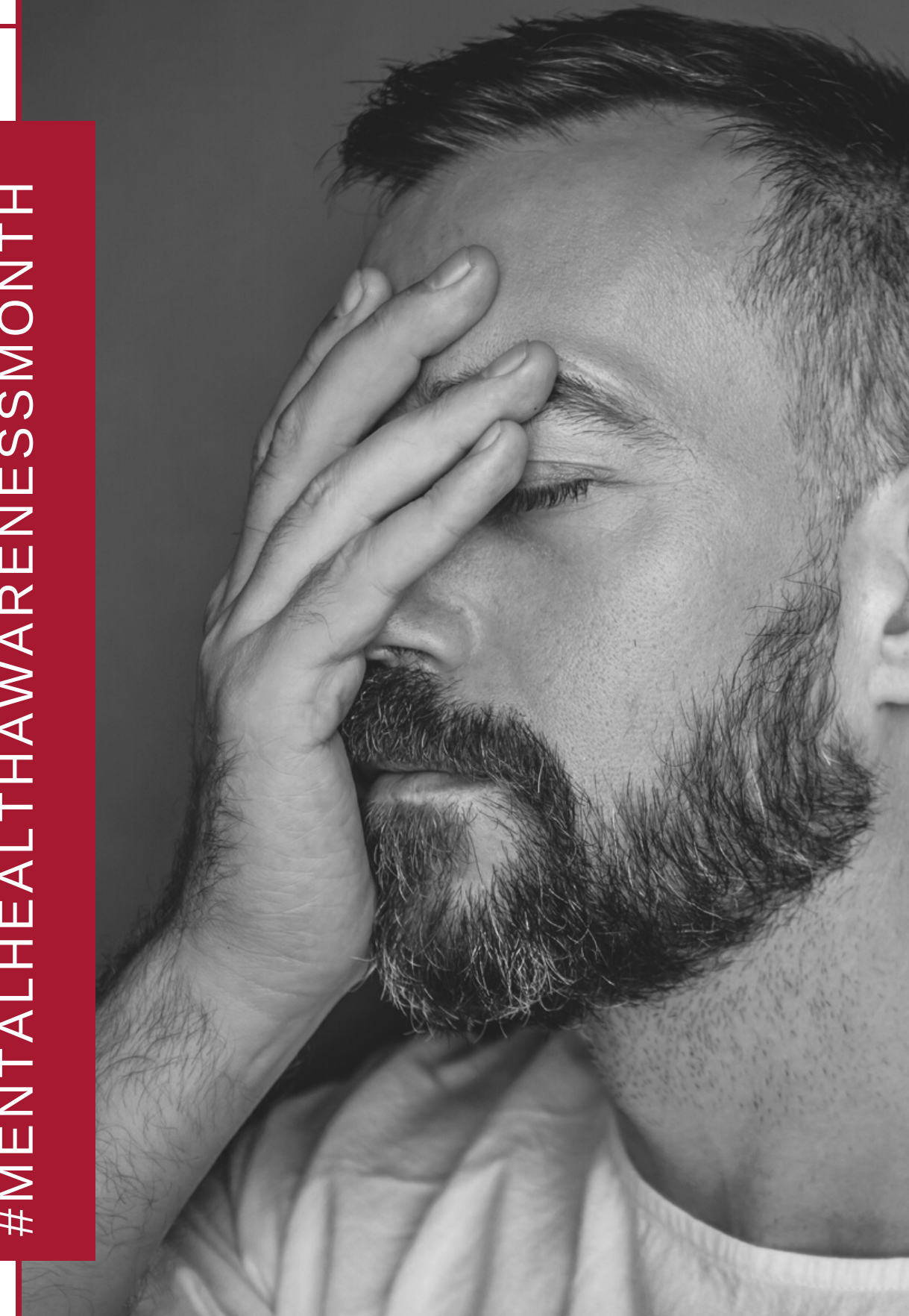


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WHAT IS STRESS IN GENERAL

- A normal part of life
- Is a personal experience
- is caused by pressure or demands
- impacts upon the individual's ability to cope or, at least, his/her perception of that ability
- Individuals reaction to a harmful situation or what they perceive as real
- Fight-or-flight reaction

#MENTALHEALTHAWARENESSMONTH



JOURNAL ACTIVITY

**WRITE DOWN 3 THINGS THAT YOU THINK IS
CURRENTLY CAUSING YOU STRESS**



**NOW WRITE DOWN AT LEAST ONE SOLUTION
FOR EACH ONE IDENTIFIED**

CAUSES OF PERSONAL STRESS

FINANCIAL PROBLEMS

- Arguing with loved ones about money
- Being afraid to open mail or answer the phone
- Feeling guilty about spending money on non-essentials
- Worrying and feeling anxious about money

WORK

- Low job satisfaction
- Excessive workload and long working hours
- Poor management and guidance
- Unclear work expectations and role clarification
- Working under dangerous conditions
- Minimal opportunities for advancement
- Job insecurity
- Having to give speeches in front of colleagues
- Discrimination and/or harassment at work

CAUSES OF PERSONAL STRESS

PERSONAL RELATIONSHIPS

- Time spent together
- Shared responsibilities
- Intimacy
- There is abuse or control in the relationship
- Communication
- Substance abuse
- Divorce

PERSONALITY AND RESOURCES

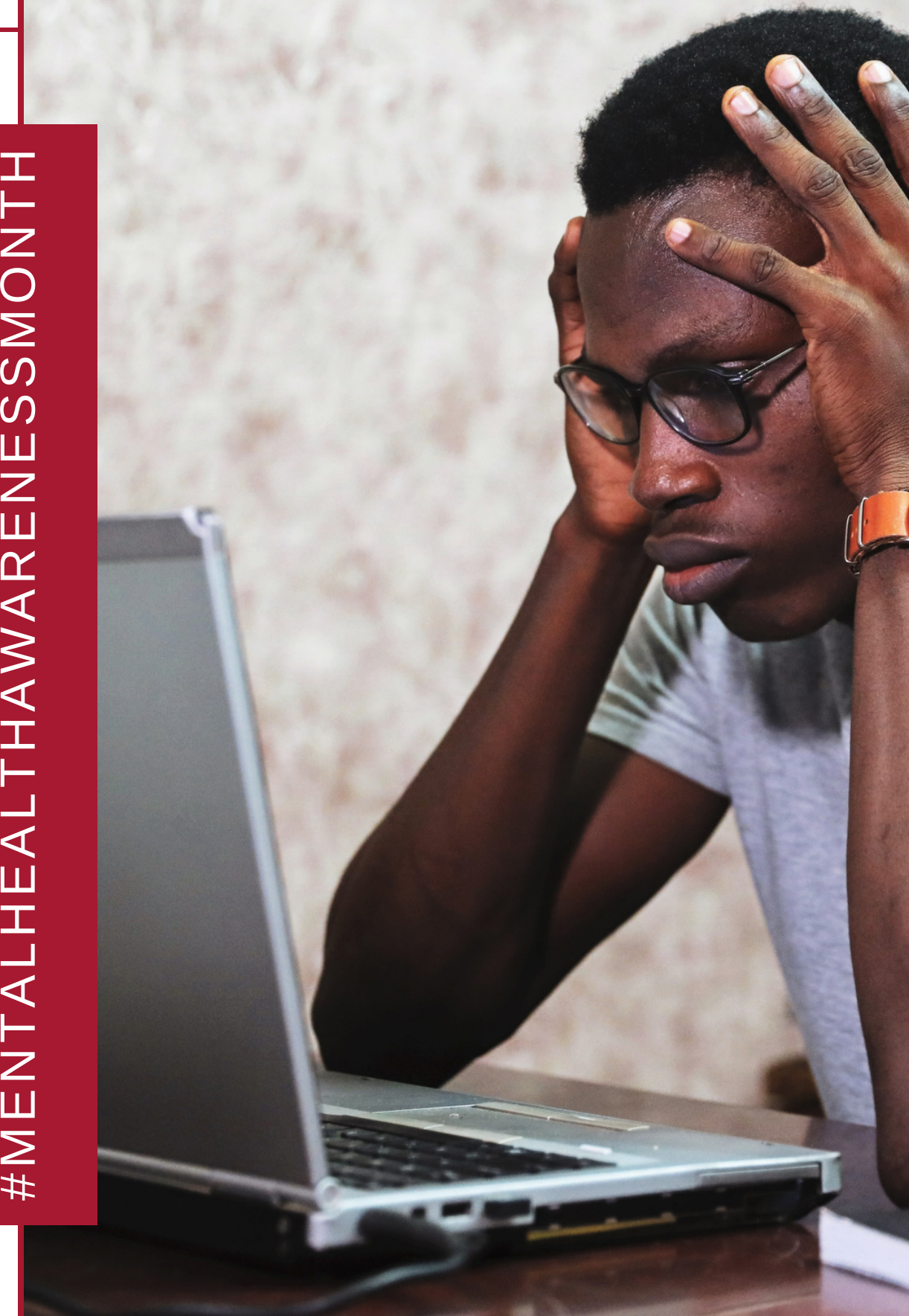
- Personality types
- Skills and experience
- Background and culture
- Individual characteristics
- Ethnicity, gender, age or disability

CAUSES OF PERSONAL STRESS

OTHER EVERY DAY LIFE CAUSES:

- The death of a loved one
- Moving to a new home
- Chronic illness or injury
- Emotional problems (depression, anxiety, anger, grief, guilt, low self-esteem)
- Taking care of an elderly or sick family member
- Traumatic event

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JOURNAL ACTIVITY

IDENTIFY AT LEAST 3 PEOPLE THAT ARE PART OF YOUR SUPPORT SYSTEM. WRITE DOWN THEIR NAMES.



NOW, THINK OF HOW THEY CAN HELP YOU WITH YOUR STRESSORS EXPERIENCED.

PERSONAL STRESS

Sometimes the stress comes from inside, rather than outside.

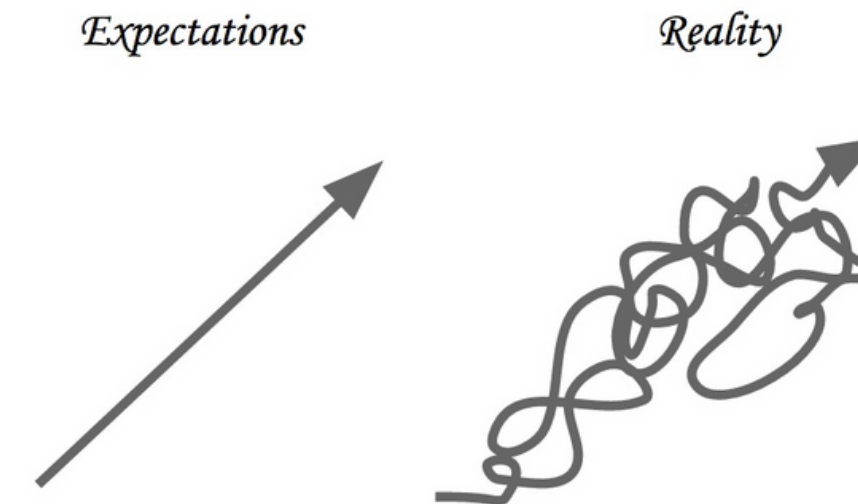
1. Fear and Uncertainty



2. Attitude and perspectives



3. Unrealistic expectation



4. Change



TOP 3 COPING TOOLS:

1

PEOPLE WHO SUPPORT ME:

WHAT MAKES ME SMILE AND LAUGH:

2

BEST LISTENER AND/OR HUG GIVER:

"TO OVERCOME DIFFICULTIES IS TO EXPERIENCE THE FULL DELIGHT OF EXISTENCE."
-ARTHUR SCHOPENHAUER

3

BEST WAYS TO RELAX:

KIND WORDS I CAN SAY TO MYSELF:

BEST POSITIVE AFFIRMATION:

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COPING ACTIVITY

COMPLETE THESE QUESTIONS IN YOUR DIARY TO HELP YOU DEVELOP YOUR COPING PLAN

EFFECTS OF PERSONAL STRESS ON PHYSICAL HEALTH

Short-term:

- A physical response to a stressful situation
- Elevated heartbeat
- Your breathing gets faster
- Tense muscles
- Headache
- Fatigue
- Difficulty sleeping
- Difficulty concentrating
- Upset stomach
- Irritability

Long-term:

- Depression
- High blood pressure
- Abnormal heartbeat (arrhythmia)
- Heart disease and/or heart attack
- Heartburn, ulcers, irritable bowel syndrome
- Upset stomach
- Weight gain or loss
- Changes in sex drive
- Fertility problems
- Skin problems

EFFECTS OF PERSONAL STRESS

EFFECTS OF PERSONAL STRESS ON EMOTIONAL HEALTH

- Becoming easily agitated, frustrated, and moody
- Feeling overwhelmed
- Having difficulty relaxing
- Feeling bad about yourself (low self-esteem)
- Avoiding others

EFFECTS OF PERSONAL STRESS ON MENTAL HEALTH

- Constant worrying
- Racing thoughts
- Forgetfulness and disorganization
- Inability to focus
- Poor judgment
- Being pessimistic or seeing only the negative side

JOURNAL ACTIVITY

HAVE YOU HAD ANY NEGATIVE OR SELF-HARMING THOUGHTS TODAY IF SO PLEASE WRITE THEM DOWN



NOW, USE YOUR SUPPORT SYSTEM AS WELL AS COPING PLAN IDENTIFIED, TO HELP YOU DEAL WITH THESE THOUGHTS

STEPS TO MANAGE PERSONAL STRESS

You can prevent or reduce stress by:

1. Planning ahead
2. Noticing when you feel stressed
3. Deciding which tasks need to be done first
4. Preparing for stressful events
5. Getting active and eating healthy
6. Talking to friends and family
7. Taking time to relax

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COLOURING ACTIVITY



COLOUR IN ONLINE:

- [HTTPS://WWW.MOMBOOKS.COM/DP-ONLINE-ACTIVITY/RELAXING-ART-THERAPY/?IMPRINT=1](https://www.mombooks.com/dp-online-activity/relaxing-art-therapy/?imprint=1)
- [HTTPS://WWW.MOMBOOKS.COM/DP-ONLINE-ACTIVITY/MANDALA-COLOURING/?IMPRINT=1](https://www.mombooks.com/dp-online-activity/mandala-colouring/?imprint=1)
- [HTTPS://WWW.MOMBOOKS.COM/DP-ONLINE-ACTIVITY/ART-THERAPY-ADULT-COLOURING-BOOK/?IMPRINT=1](https://www.mombooks.com/dp-online-activity/art-therapy-adult-colouring-book/?imprint=1)
- [HTTPS://WWW.MOMBOOKS.COM/DP-ONLINE-ACTIVITY/ART-THERAPY-POSTCARDS/?IMPRINT=1](https://www.mombooks.com/dp-online-activity/art-therapy-postcards/?imprint=1)
- [HTTPS://WWW.MOMBOOKS.COM/DP-ONLINE-ACTIVITY/COLOUR-THERAPY-POSTCARDS/?IMPRINT=1](https://www.mombooks.com/dp-online-activity/colour-therapy-postcards/?imprint=1)

HOW TO MANAGE PERSONAL STRESS OVER THE LONG TERM

You can prevent or reduce stress by:

- Stress-reducing activities
- Healthy eating and sleep habits
- Avoid self-harm
- Gain self-awareness
- Support system
- Journal
- Creative thoughts
- Delegating, sharing and renegotiating responsibilities
- Preparation is key
- Seek help and advice

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GRATEFUL ACTIVITY

HOW TO FEEL GRATEFUL

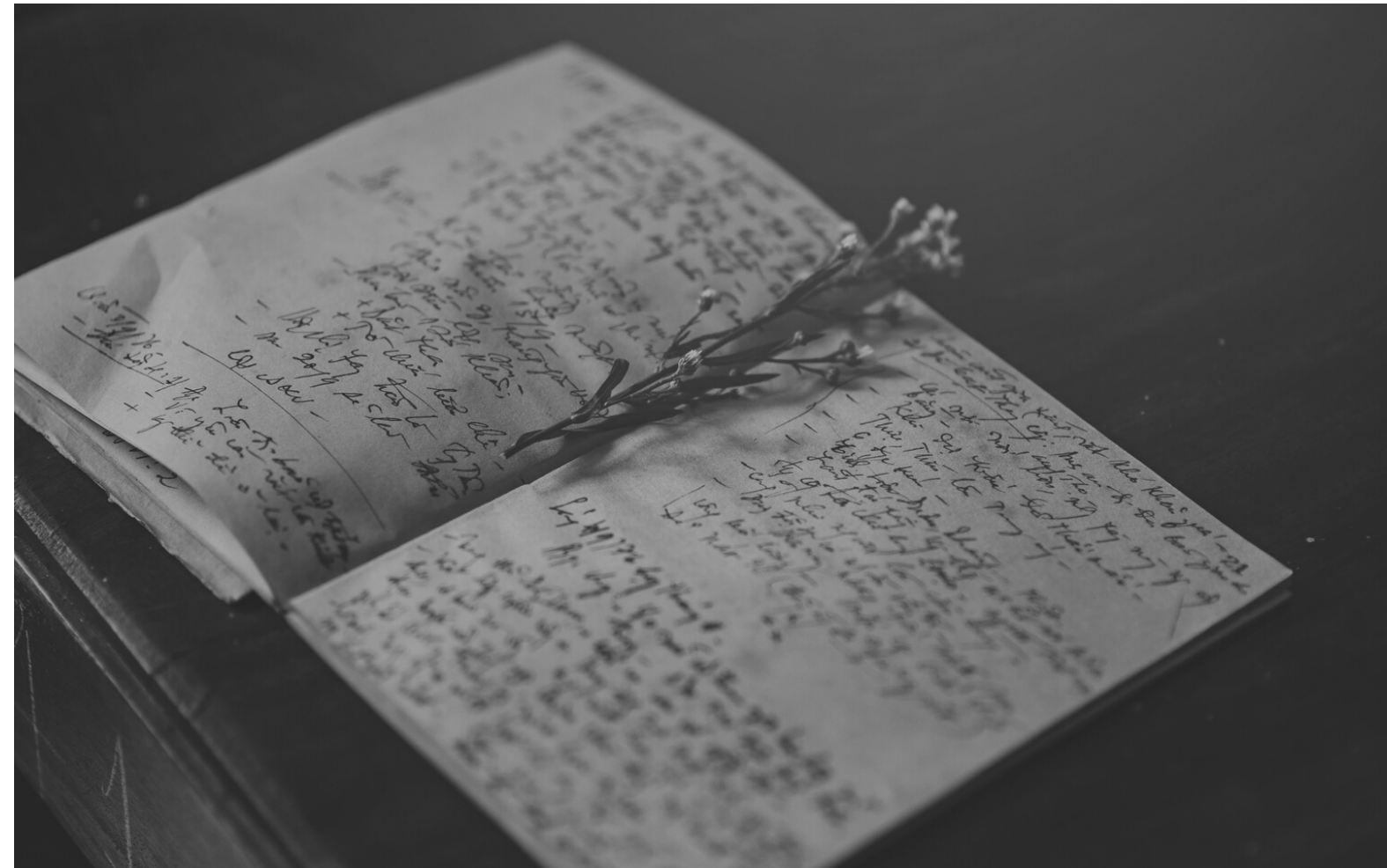


WATCH THIS VIDEO:

•[HTTPS://WWW.YOUTUBE.COM/WATCH?V=_RUMD2IE8IE](https://www.youtube.com/watch?v=_RUMD2IE8IE)

JOURNAL ACTIVITY

NOW CHALLENGE YOURSELF TO NAME AT LEAST 3 THINGS YOU ARE GRATEFUL FOR EVERY DAY FOR ONE WEEK. WRITE IT DOWN TO REMIND YOU HOW GREAT LIFE IS.



BENEFITS OF MANAGING STRESS

- Sleep better
- Control your weight
- Get sick less often
- Feel better faster when you do get sick
- Less muscle tension
- Be in a better mood
- Get along better with family and friends

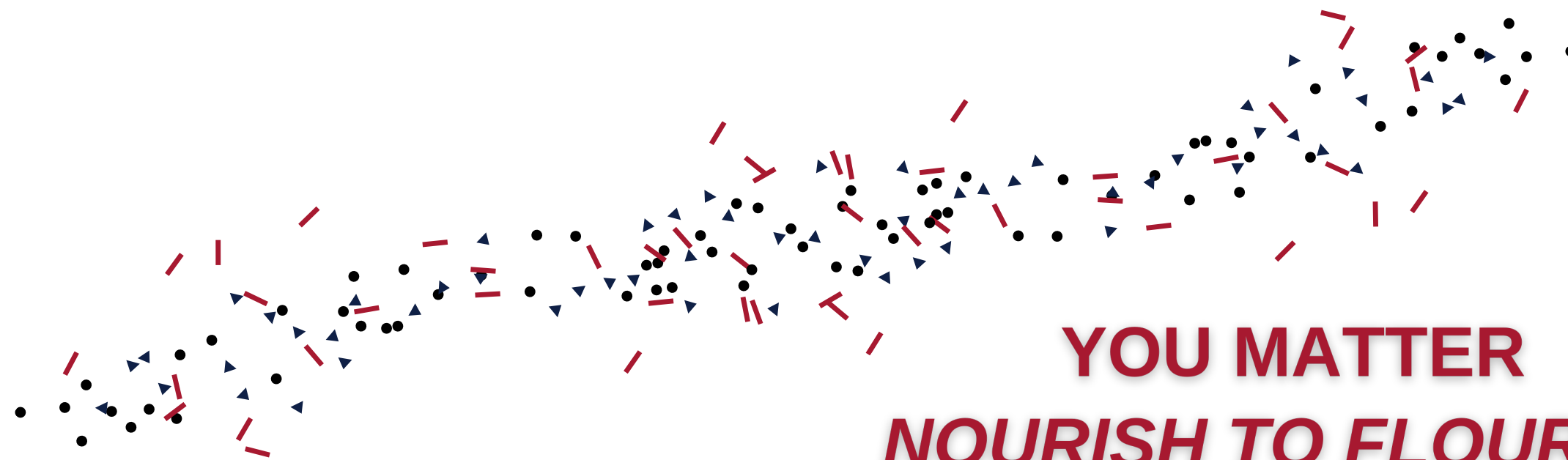
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THANK YOU!
WE WILL SEE YOU NEXT
WEEK...



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