## **Stress Management Workshop**

Cont	act Information:		
I.	Stress vs. Stressor  a. Stressors—triggers outside of y b. Stress—the way you respond/r		
п.	respond to perceived dangers b b. The body's non-specific (physi c. Long-term consequences of be i. Digestion ii. Reproduction iii. Inhibited growth iv. Inhibited tissue repair d. Any change requiring you to ac e. Unavoidable and Necessary f. Stress can be Positive i. A source of high energy	y either fighting or fleeing cal and biochemical) response ing "too stressed for too long": dapt  y and increased awareness	v. Gastrointestinal problems vi. Heart disease vii. Kidney disease
ш.	ii. Some stress actually improves performance, but too much impedes performance  OK, you're stressed right nowWhat do you DO?		
	Listen to music Rock in a rocking chair Play with your pet Weed a garden Scream into a pillow Take a bath Watch a movie Paint Pray/meditate Go for a walk Call somebody Repot a plant	Put a puzzle together Walk around the mall Throw ice at a tree Beat a drum Cook Tear up a phone book Scream out loud Play an instrument Search the internet Do your nails Write a poem Organize CDs	☐ Rearrange furniture ☐ Wander around a bookstore ☐ Play racquetball ☐ Take pictures of natur ☐ Light scented candles ☐ Beat a pillow ☐ Shoot hoops ☐ Hit a punching bag ☐ Build something ☐ Yoga ☐ Take a nap
IV.	<ul> <li>Stress-Reducing Techniques</li> <li>A. BREATHE <ol> <li>i. When you're stressed, you tend to breathe from your chest in short, shabreak, get quiet somewhere and breathe deeply, from your diaphragm</li> <li>ii. Use bubbles to practice good and healthy breathing: they help you con and you can't stay mad while you blow a bubble!</li> <li>iii. Practice blowing bubbles right now with your workshop favors</li> </ol> </li> </ul>		your diaphragm they help you control your breathing