

Stress Less



What is stress?

Stress is the reaction we have to difficult, demanding, or challenging events. Stress is our natural response to a perceived threat.



Good stress can temporarily boost motivation and concentration, plus it can help keep your mental and physical resilience high.



Unhelpful stress can leave you feeling overwhelmed, anxious, forgetful and exhausted.

Signs & symptoms of unhelpful stress

- Concentration and memory issues
- Negative thoughts/attitude
- Feeling overwhelmed or irritable
- Inability to relax
- Neglecting responsibilities
- Chest pain/rapid heartbeat
- Headache
- Muscle Tension
- Change in appetite
- Sleeping too much or too little

Mindfulness Meditation:

Sit with your eyes closed breathing deeply and slowly, noticing only your breath. As a thought pops in your mind, simply label it a thought, and bring your attention back to your breath.

Progressive Relaxation:

Sit or lay in a comfortable position. Tense up the muscles in your feet. Relax your feet and feel tension flow away. Breathe deeply and slowly. Repeat process with one muscle group at a time: legs, abdomen, chest, neck, face, and head.

Immediate stress management strategies

- 1 Get at least 8 hours of sleep daily.
- 2 Say no to requests that might add stress to your life.
- 3 Maintain a well balanced diet and exercise regularly.
- 4 Participate in activities you love with people you love.
- 5 Give yourself some quiet time every day.
- 6 Take a break from technology.
- 7 Reduce caffeine and alcohol intake.

Long-term stress management strategies



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