Stress Management Tips

Learning to manage stress can lead to a happier, healthier life. Below are tips to help you manage stress:

1. Set limits appropriately and learn to say no to requests that will create excessive stress.

2. Eat healthy, well-balanced meals.

3. Sleep 7 to 8 hours each night.

4. Exercise regularly.

5. Schedule time for hobbies, interests, and relaxation.

6. Learn and practice relaxation techniques, such as mediation, deep breathing, yoga, or tai-chi.

7. Accept that some circumstances are out of your control.

Headspace App

Headspace app teaches meditation and mindfulness skills.

Meditation involves training your mind to increase concentration, focus, and awareness of your thoughts and emotions.

Mindfulness is the process of bringing your attention to experiences occurring presently.

Benefits of meditation and mindfulness skills includes decreased stress and improved concentration.

Headspace is available to download for free. After an initial trial period, you can continue with the free version. Headspace also offers a premium upgrade through subscription or in app purchase.
Stress Management Homework

Describe an instance this week in which you felt stressed. What technique did you use to manage your stress? How did you feel afterwards?