

Managing Stress

Session 1 Topics

- Questions to consider:
- What causes you stress?
- What signals does your body tell you?
- What are some ways stress impacts your health?

Stress Awareness Journal:

What is the stressor?	Is it a one-time or ongoing stressor?	What is my reaction or response to the stressor? How does it make me feel?	What is the impact of the stressor on my behavior and lifestyle?

Coping with Stress Resources:

Mindfulness-Based Stress Reduction

Deep Breathing Exercises & Progressive Muscle Relaxation

Relaxation for stress, chronic pain, and headache relief

Actions to consider:

- Build your awareness. Note stressors, their intensity (1-10) how your body responds, and how these stressors impact your behavior and lifestyle
- Determine if those stressors are solvable or something you need to cope with. If it's something you can cope with, practice one stress reduction strategy you learned today, or something that has worked in the past
- If it is something you think you can solve, try find some solutions

Session 2 Topics

Common Coping Techniques (Healthy and Unhealthy)

5 ways to practice optimism

Stop Negative Thoughts: Choosing a Healthier Way of Thinking

Questions to consider:

- Which responses do you use to try and avoid/escape your stressors?
- Are there things that you can do to your routines to avoid stressors?
- Should you consider changing your thinking patterns? Where might you start?

Additional Resources

- MyHealth.Alberta.ca has resources and information to help you manage stress. Search for Stress in the search bar.
- Stress: What to Look For: Find resources on what stress feels like and a tracking tool to track the stress in your life.
- The Alberta Healthy Living Program has classes and workshops on a variety of health conditions and topics to help improve your health.
- Suicide Crisis Helpline 9-8-8 (call or text)
- Indigenous Support Line 1-844-944-4744
- Mental Health Support Line 1-877-303-2642