

# HOW TO MAKE STRESS YOUR FRIEND

Stress Management Strategies



# Ground Rules

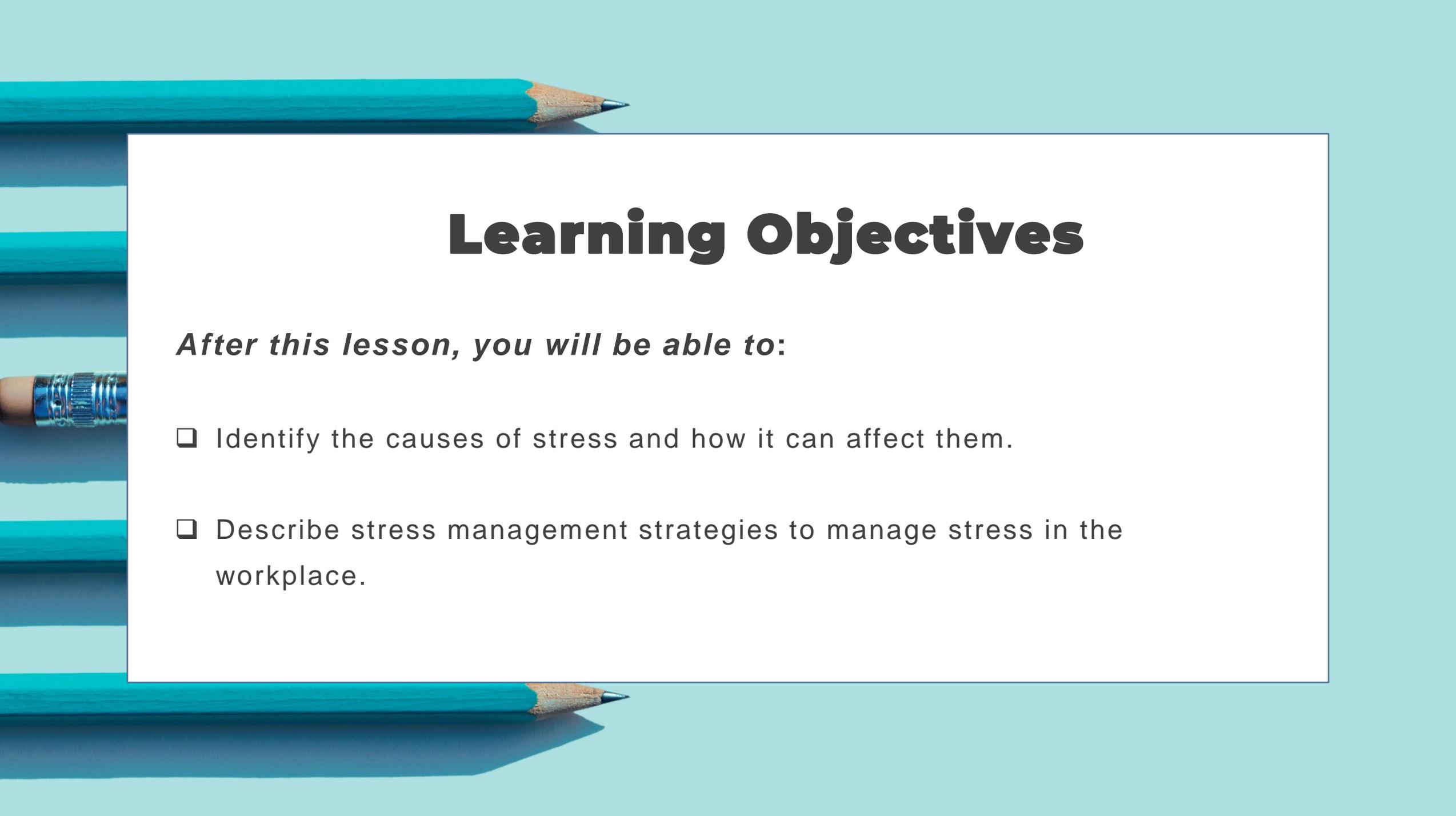
- Remember to mute your mic when not speaking
- If comfortable, turn on your camera.
- Questions and comments are welcomed throughout the training, feel free to unmute yourself or use the chat.





# Agenda

- Learning Objectives
- Discussion
- Make Stress Your Friend Video
- What is Stress?
- Causes of Stress
- Stress Management Strategies
- Recap
- What Stuck

The background of the slide features several teal-colored pencils. One pencil is positioned horizontally at the top, another at the bottom, and a third vertically on the left side. The pencils are set against a light teal background. The main content is contained within a white rectangular box with a thin black border.

# Learning Objectives

*After this lesson, you will be able to:*

- Identify the causes of stress and how it can affect them.
- Describe stress management strategies to manage stress in the workplace.

What's the most stressful situation you have faced at work so far?

How did you handle it?



How do you prevent a situation from getting too stressful to manage?

**Make Stress Your Friend**  
Video

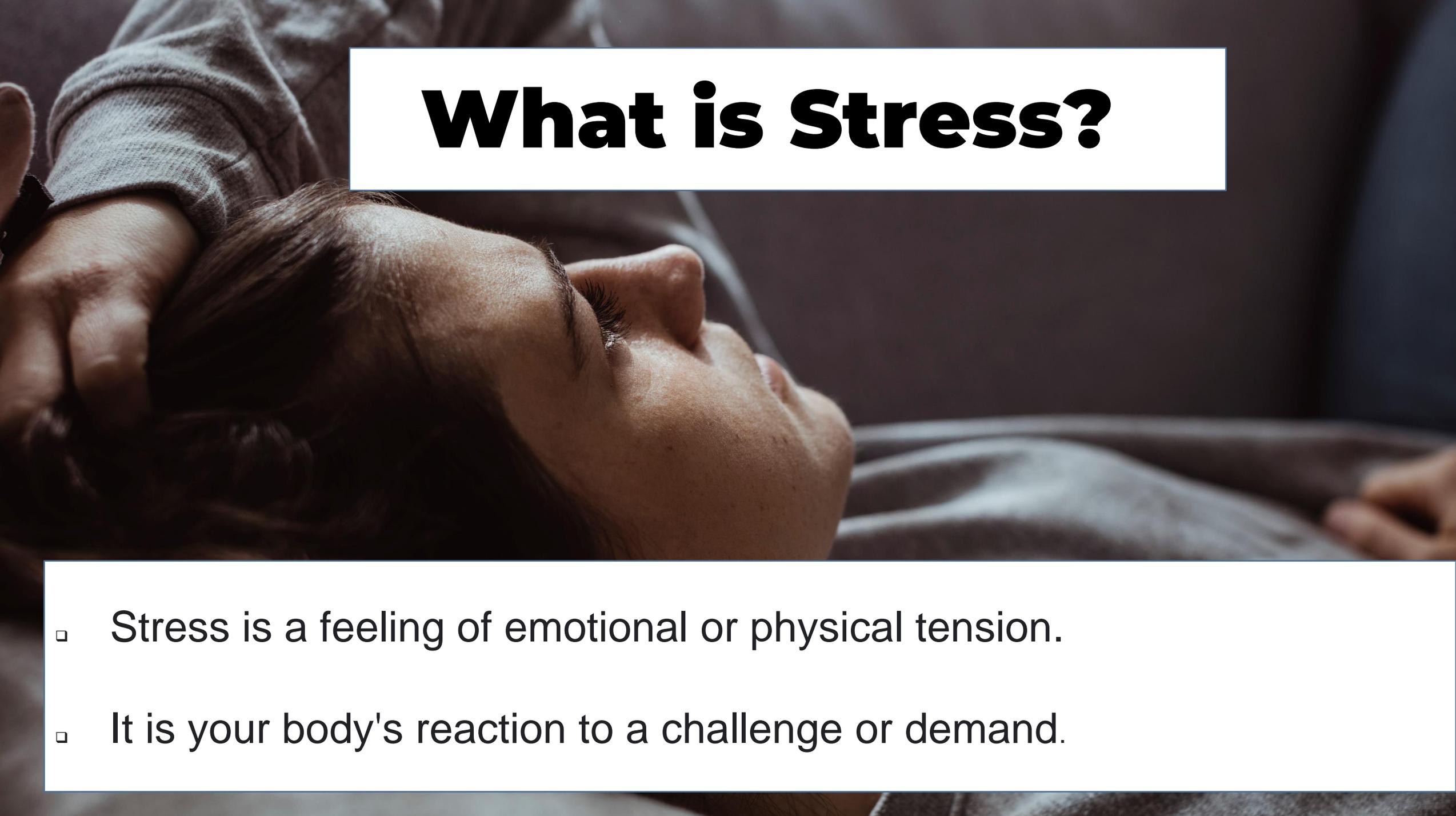


# Make Stress Your Friend Video Debrief

**Using the chat, answer the following questions:**

- Do you agree with the points made in this video?
- What stood out to you in the video?



A close-up photograph of a person lying down, possibly on a couch or bed. Their head is resting on a hand, and they appear to be in a state of stress or discomfort. The lighting is soft and focused on the person's face.

# What is Stress?

- Stress is a feeling of emotional or physical tension.
- It is your body's reaction to a challenge or demand.



## **What happens to your body during stress?**

- ❑ The body's autonomic nervous system controls your heart rate, breathing, vision changes and more.
- ❑ Its built-in stress response, the “fight-or-flight response,” helps the body face stressful situations.
- ❑ When a person has long-term (chronic) stress, continued activation of the stress response causes wear and tear on the body. Physical, emotional, and behavioral symptoms develop.

# What are the physical symptoms of stress?

- ❑ Aches and pains
- ❑ Chest pain or a feeling like your heart is racing
- ❑ Exhaustion or trouble sleeping
- ❑ Headaches, dizziness or shaking
- ❑ High blood pressure
- ❑ Muscle tension or jaw clenching
- ❑ Stomach or digestive problems
- ❑ Weak immune system





# Knowledge Check:

Using the poll feature, answer the following questions.

1

**True or False?**

When a person is stressed, only physical and emotional symptoms appear.

2

**Multiple Choice:**

When you are stressed, you may experience:

- A. Headaches
- B. High blood pressure
- C. Exhaustion
- D. All of the above



# Causes of Stress

- ❑ Common causes of stress include work, money, relationships, and illness.
- ❑ It can come from any event or thought that makes you feel frustrated, angry, or nervous.
- ❑ In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.

# **Stress Management Strategies**



# Stress Management Strategies

1. Exercise
2. Take a break
3. Meditate
4. Talk with a friend
5. Eat right





# Knowledge Check:

Using the poll feature, answer the following questions.

① **True or False?**  
Stress can be positive.

**Multiple Choice:**

Which is not a recommended stress management strategy:

- ②
- A. Exercise
  - B. Taking a break
  - C. Talking with a friend
  - D. Eating unhealthily

# Recap

- ❑ Stress is our body's reaction to a challenge or demand.
- ❑ Stress be shown with physical, emotional, or behavioral symptoms.
- ❑ Stress can have a negative or positive impact on you.

Remember to use the 5 stress management strategies:

- Exercise
- Take a break
- Meditate
- Talk with a friend
- Eat right





**What Stuck?**