



STRESS MANAGEMENT TECHNIQUES THAT WORK!

**Adapted from
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MANAGING STRESS

- Can control, reduce and even eliminate anxiety & stress symptoms!
- Can learn strategies and techniques that provide stress relief!

BREATHING

- Breathing helps to slow down or to even stop the stress response!
- Takes time to practice, learn well and use daily.
- Often, people do not learn how to breathe correctly, and do not use it consistently...

BREATHING

- Need to learn breathing technique until it becomes an automatic habit!
- Practice 15 times a day for 1 minute!
- Breathe every time you are waiting for something! Phone, kids, in line, at work...

BREATHING

- Slowly inhale counting one, pause for a moment and slowly exhale counting two
- Slowly inhale counting three, pause for a moment and slowly exhale counting four..
- Continue inhaling and counting four and exhaling...

BREATHING

- Slowly inhale counting up to seven, pause for a moment and slowly exhale counting eight
- Try to feel the cool air as you inhale and the warmth of your breath as you exhale
- You may repeat this for another four breaths...

STAY IN THE PRESENT

- **Worry about the future and regrets about the past keep you stressed and away from enjoying the moment!**
- **May manage distress by focusing on the present!**
- **Can control focus by what you pay attention too!**

MINDFUL AWARENESS

➤ **Close your eyes & Breathe**

**Notice your body, how
the heart beats, how the
intake of air feels, how
the stomach feels...**



MINDFUL AWARENESS

- Keep your eyes closed
- Shift your awareness away from the body to everything else that you can smell, hear, sense and feel through your skin!

AWARENESS



- Shift back and forth between what is going on in the body and what is going on around you!
- Can ignore physical and body sensations and manage worry!
- Learn to control both internal & external sensations!

MANAGE THE BODY

- Care for your self through eating right, getting enough sleep and exercising!
- Follow a routine to keep the body healthy, balanced and resilient!
- AVOID sugar, nicotine, alcohol and caffeine! They over stimulate and produce highs and lows that lead to distress- especially in excess

WORRY, WORRY, WORRY

- Dread, fret and worry... The three can call your name & find you!
- You may find yourself searching for something to stress and worry about...And get stuck & distressed...
- Can easily find dread and doom in situations that leads to getting stressed out!
- Worrying is a habit that may be changed!

WORRY

- When the Worry now light and voice show up, do not listen!
- It is merely the result of physical tension!
- Turn them off and Ignore them!!
- Get some relief by using muscle relaxation!

MUSCLE RELAXATION

- Move down your body, tightening and then relaxing the major muscle groups from your back down to your toes..
- If any one or two muscles groups are not relaxed, you may return and repeat the tightening and releasing technique..
- Enjoy the relaxation for a few moments!

MORE FUN

- **Often we take life too seriously and fail to have enough fun...**
- **See potential problems rather than joys and remain tightly wired & stressed**
- **Schedule more play time!**
- **Laugh, joke and have more fun!**
- **Find pleasure & delights every day!**

WORRY WELL, BUT ONLY ONCE

- Some worries need to be faced & dealt with directly so that they do not get out of control!
- 10 Minutes is usually plenty of time to worry well!
- Then stop the worry, as it is counterproductive

WORRY WELL PLAN

HOW TO DEAL WITH THE WORRIES!

1. Worry through all the issues
2. Do all necessary now to cope
3. Set a future time to think about worry
4. Write the time on calendar
5. If & when the thought/worry pops up, say STOP I already Worried!
6. Change and divert thoughts to something else

PLANNING NOT WORRYING

- A good plan does not need constant review!
- A worried person will review the plan over and over and over!
- Ruminating does not equal Planning!
- The round robin of re-planning leads to more ruminating and stress

GOOD PLANNING

- 1. Concretely identifying a problem**
- 2. List the problem solving options**
- 3. Select one of the options**
- 4. Write out a plan of action**

PLAN- NOT WORRY

➤ If worrying starts, say to your self

➤ **STOP!** I have a Plan!

Thought Stopping

- Ruminative worry has a life of it's own!
- Disturbs and interferes with every other thought...
- Goal is to interrupt the negative thought and then to replace it!

TURN IT OFF

- Some may worry from one topic to another- like a pinball that never rests and stops... This does not work!
- Need ways to cool off and stop the flow of ruminations...

CLEARING SPACE

- Technique of Clearing Space to turn off and to quiet the ruminative mind
- Sit quietly with eyes closed
- Focus upon open container ready to receive every issue on your mind
- See & name each issue and imagine placing into the container
- Mentally put a lid on the container and put it away until you need to get something from it!

CLEARING SPACE TECHNIQUE

- Once the jar/container is on the shelf or put away, invite the next most important thought or feeling into the open space left in the mind!
- At night, invite a peaceful thought to focus upon while drifting off to sleep...

SUMMARY

- **Can learn techniques and methods to manage stress!**
- **It is like learning to ride a bike, to rollerblade or to play an instrument – once you know it you can use it for life!**
- **Use these techniques daily!**