



Stress Management

Chris Jackson

Agenda

- Understanding Stress
- Managing Stress
 - Healthy vs. Unhealthy
- Discussion

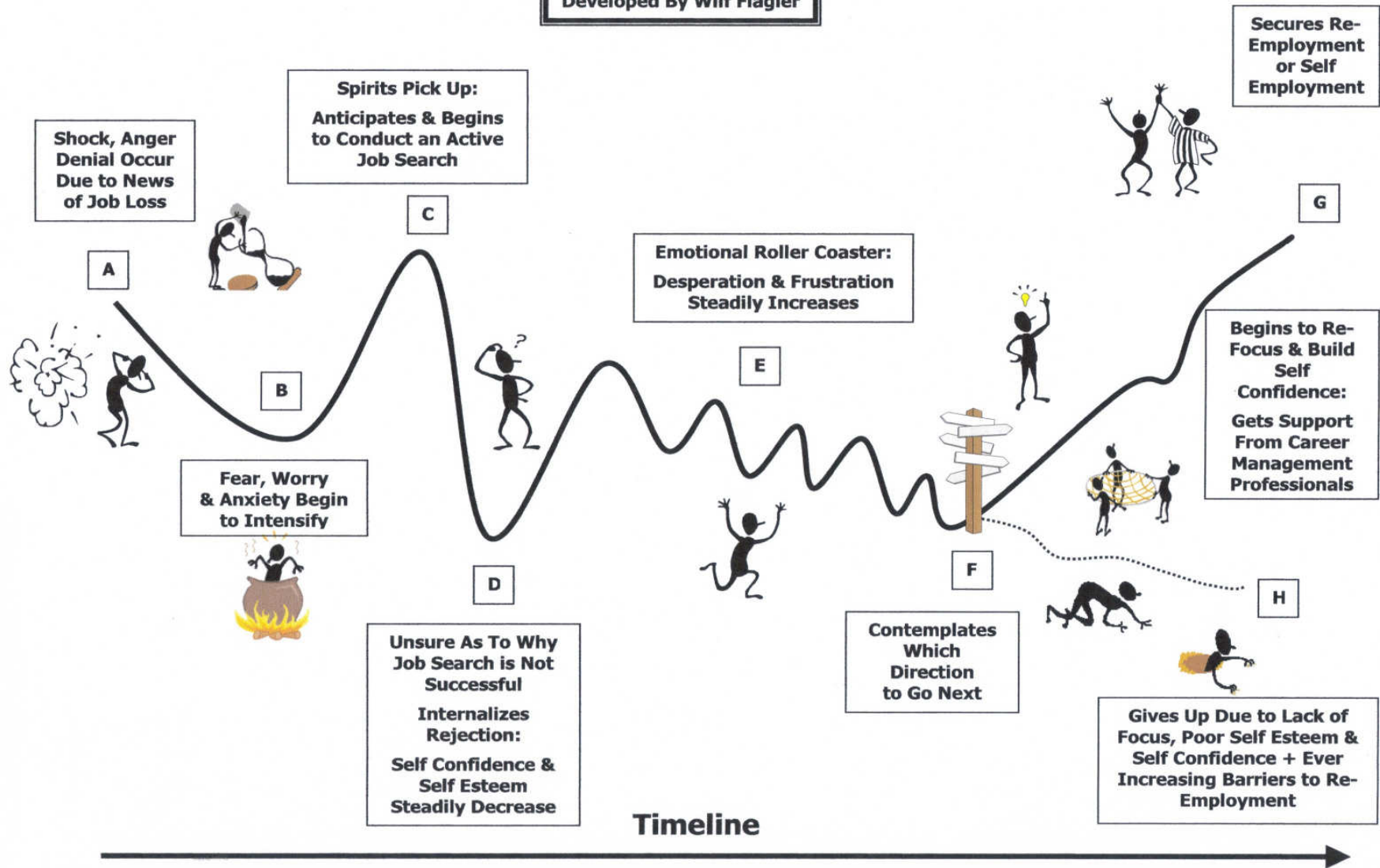
Questions:

What is stressful in your life right now?

How do I know when I am stressed?

Acknowledging The Job Loss Emotional Cycle

Developed By Wilf Flagler



Understanding Stress

- Definition: An emotional and/or physical response to an issue or event
- Natural human response (“fight or flight”)
- External (i.e. job loss, death, traffic)
- Internal (i.e. memories, guilt, expectations)
- 3 stages: Alarm, Adaptation, Exhaustion

Managing Stress

- “Releasing” rather than “managing”
- Healthy vs. unhealthy ways to deal with stress

Techniques

1. "Me" time
2. Exercise
3. Breathing techniques
4. Journaling
5. Aromatherapy
6. Massages
7. Others

Discussion Questions

1. Where am I on the *Job Loss Emotional Cycle*?
2. How is my stress affecting my life (family, friends, health, etc.)?

Discussion Questions

3. How do I currently release my stress? Is it working?

4. If I know what to do to release my stress, what is preventing me from doing it?

■

Discussion Questions

5. What is one healthy technique to release stress that I can add to my life *today*?



Thank you!

Chris Jackson