

Stress Management

Strategies for a Healthier You!

Marianne Clayburn & Suzanne Prevedel

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**BUILDING KNOWLEDGE.
IMPROVING LIVES.**



The Stress Response

- ❖ **Step 1:** An individual recognizes a stressful situation.
- ❖ **Step 2:** The brain notifies the adrenal glands in the body.
- ❖ **Step 3:** The adrenal glands release stress hormones into the bloodstream (e.g. cortisol).
- ❖ **Step 4:** The stress hormones flood the individual's system.
- ❖ **Step 5:** The individual develops some temporary abilities such as...

Effects of the Stress Response

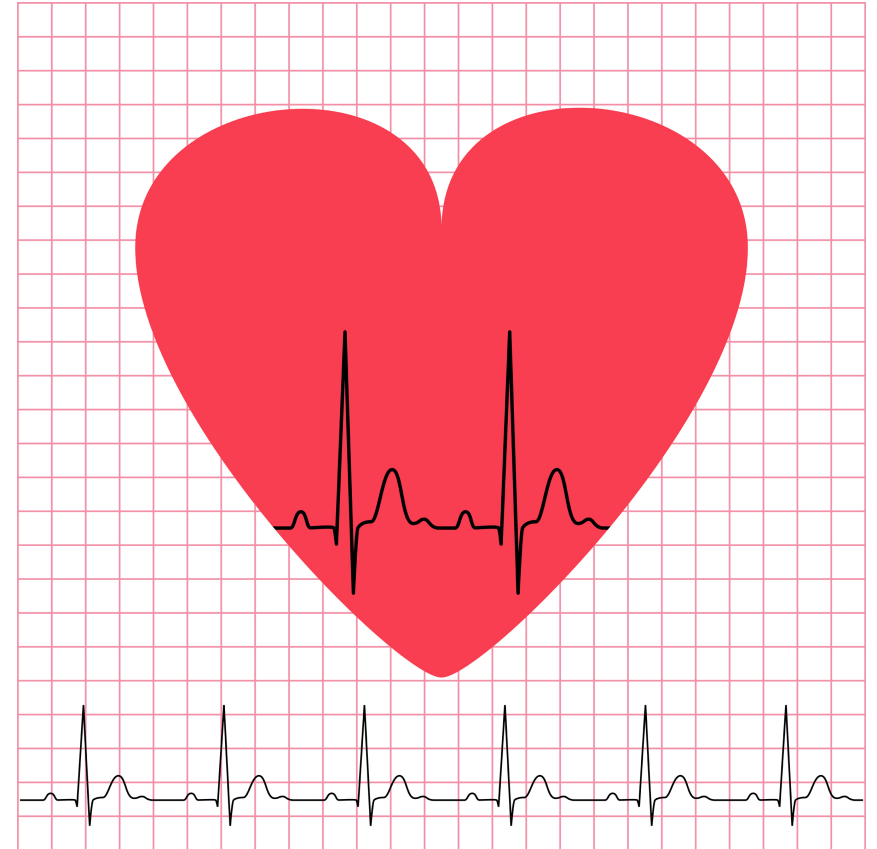
- ✓ An increased ability to run quickly
- ✓ An increased ability to think faster
- ✓ An increased ability to lift heavy objects
- ✓ An increased ability to burn fat



Sounds great, right??!

Cons of the Stress Response

- ✓ Cortisol decreases immune system functions
 - People often get sick during the holidays (The most stressful time of year).
- ✓ Increased blood pressure
- ✓ Vitamin depletion
- ✓ Increased risk of hypertension and coronary heart disease
 - Cortisol directs excess amounts of cholesterol into the bloodstream, increasing the risk for these conditions.



Chronic Stress vs. Acute Stress

Chronic Stress

Effects lasts for a prolonged time

Can create severe physical ailments

May need medical help to control

Acute Stress

Effects last only a short time

Creates minimal physical ailments

Can be controlled without medical help



"Dear Stress,
Let's Break Up."

—Miscellaneous

Strategies

For Stress Management



Coping Strategies

- Keep a gratitude journal
- Laugh! Laughter is therapeutic 😊
- Recognize negative thoughts that repeatedly come to mind
- Always remember that it's all right to say no!

Relaxing Strategies



- Breathe deeply! This is the most basic relaxation technique in the world!
- Exercise! There are lots of benefits that come from exercise!
- Get a massage!
- Progressive muscle relaxation!

Steps for Managing Stress

- Step 1: Specifically list each item that causes you stress
 - For example, “our financial situation”
- Step 2: Determine what your attitude is towards the situation
 - Negative attitude? Pick either a positive or a neutral stance.
- Step 3: For each listed item, determine which strategy you can apply to the situation.
 - For example, “every time I begin to stress about money, I am going to breath deeply”
- Step 4: Apply this strategy!
- Step 5: Evaluate! Are my stress management techniques working? Am I feeling more relaxed? If not, repeat steps 3-5.

Foods for Stress Replenishment

Fish (Salmon, Tilapia, etc.)

High in *Zinc* which fortifies the immune system

Green-Leafy Vegetables

High in *Magnesium* which helps combat anxiety

Berries and Oranges

High in *Vitamin C* which boosts immunity

Bananas

High in *Serotonin* which helps with mood, sleep, and energy

Dairy (in general)

Contains *Magnesium* which helps combat anxiety

Basil

Helps alleviate nausea and cramping

Chamomile Tea

Reduces stress and promotes sleep

Ginger Tea

Aids in controlling nausea

Chocolate!

Contains *antioxidants* that lower blood pressure

*Should be used as an indulgence and in moderation

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familywellness@usu.edu

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marianne.clayburn@usu.edu

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