Stress Management

Strategies for a Healthier You!
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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 last 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

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*Image credit: Extension.USU.EDU*
"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

- Breath 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!
What are the top 5 things that cause you stress?
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 breathe 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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Questions? Send us an email!

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-or-

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References

  Foods for Stress Replenishment (listed below)

