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## Use Your Stress To Keep Away Distress

**using your senses to relieve stress on the spot** - to use your senses to quickly relieve stress, you first need to identify the sensory experiences that work best for you. this can require some experimentation. as you employ different senses, note how quickly your stress levels drop. and be as precise as possible. what is the specific kind of sound or type of movement that affects you the most? for example, if you're a music lover, listen to ... **what is stress - university of regina** - counselling services strategies & skills for academic excellence what is stress stress is an individual's response to change in circumstance or to a threatening situation. **understanding stress: signs, symptoms, causes, and effects** - understanding stress: signs, symptoms, causes, and effects we all face different challenges and obstacles, and sometimes the pressure is hard to handle. **what's your stress index - home | western health** - what's your stress index? stress can be difficult to understand. the emotional chaos it causes can make our daily lives miserable and decrease our physical health, sometimes drastically. **learn about stress - here to help** - learn about stress info sheets 2014 heretohelp.bc you have a major deadline coming up tomorrow and you still have a ton of work to do. your child's principal called; your child **exercise stress test check list - alberta health services** - cardiac sciences northern alberta cardiac rehabilitation program glenrose rehabilitation hospital ph: 780.735.8206 fax: 780.735.8243 updated 28 january 2015 **the nature of stress - unb** - the nature of stress stress is a reaction to change; it can be either positive or negative, and it affects both the body and the mind. normally, stress stimulates the release of hormones such as adrenaline, quickening the heart rate, accelerating the metabolism, and generally preparing the body for emergency action--whether or not the opportunity for action exists. stress can destroy a ... **stress lessons toolkit: table of contents** - when you need to consider extra help some students may show their stress by crying or whining, withdrawing, or acting out for a brief period before settling down to do their school work. **stress & stress management - hydesmith** - introduction stress is a fact of everyday life. when people reach out for help, they are often dealing with circumstances, situations, and stressors in their lives that leave them feeling emotionally **tips to avoid harmful stress - prince edward island** - mental stress relief techniques identify the sources of stress in your life: stress management starts with indentifying the sources of stress in our life. **your personal stress management plan** - 1 creating your personal stress-management plan following is a 10-point plan to help you manage stress. all of these ideas can lower stress **stress management worksheet - concordia university** - step 4: identify stress management strategies, continued b) problem solving strategies that i can use to address the cause of the stress are: what is the stressful event? **relaxing exercises to relieve stress - uhn** - 4 relaxing your muscles this way of relaxing may help you lower your anxiety and stress by tensing then relaxing your muscles. this is done with one area of your body at a **stress in university cu healthy - carleton** - managing stress you can't avoid all stress. if you find that you're showing signs of too much stress for too long, pick and choose from the following **10 simple things to you can do to reduce your stress** - title: microsoft powerpoint - stress management pdf.pptx author: joan b created date: 9/24/2012 8:29:37 pm

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