



STRESS MANAGEMENT

OVERVIEW

Stress management, also referred to as “coping mechanisms,” is the term relating to tactics which help to reduce and shorten the negative effects of stress. Many forms of stress management are directly related to not only mental health but physical health as well, as stress itself is a physiological response within the body. Over time, the heightened state of alertness that is the stress response can be harmful to both the mind and body. Effective stress management is significant in that it allows the mind and body to return to a more natural and relaxed state.¹

It is important to recognize that while stress is mainly mental and physical, it can both impact and be impacted by all eight dimensions of health. Therefore, the management of stress may go beyond one’s internal mental state, incorporating proactive changes to one’s environment, financial efforts, intellectual pursuits, occupation, physical activities, social interactions, or spiritual involvement. In many cases, stress management takes the form of personal expression which include breathing exercises, crying, physical exercise, participation in hobbies, laughing, meditation and guided imagery, mindfulness exercises, talking with family, friends, or receiving therapy with a mental health worker.²

RESOURCES

¹ <http://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>

² <http://www.webmd.com/balance/stress-management/stress-management-relieving-stress>

ADDITIONAL INFORMATION

For more information, tools, and resources about stress management, visit:

http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html

http://www.heart.org/HEARTORG/HealthyLiving/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp#

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368>

<https://medlineplus.gov/ency/article/001942.htm>

http://www.psychtreatment.com/stress_management.htm

<http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot>

<http://www.webmd.com/balance/guide/tips-to-control-stress>