Stress Flow Chart

STRESSOR

The events & situations we associate with stress. Stressors can be internal or external.

Internal: physical well being (illness, chronic pain & medical conditions, headaches, etc.) negative thinking, worry, pessimism, etc.

External: people, places & things, (relationships, work, home care, traffic, parenting, marriage, etc.) The "nouns" of your life.



FIGHT OR FLIGHT RESPONSE

The natural alarm reaction our bodies go through in stressful situations. It especially occurs when we perceive self as not in control of the stressful situation.

The body creates stress hormones that fuel us biochemically to either fight or flee from the stressor. These also fuel anxiety and/or anger.



THOUGHTS

What we say to ourselves and say out loud.
Our "self-talk."

FEELINGS

Emotions (sad, happy, anxiety, fear, anger, hopelessness)

Thoughts & feelings together create our attitude about the stressor. Attitude influences the choices we make.

CHOICE

Acknowledging that we consciously choose our actions allows us to take personal responsibility for those actions.



ACTIONS

What we do, our behavior. Becoming overly emotional can lead to becoming reactive in our behavior.

Negative actions can lead to negative consequences ultimately creating more stress.



CREATING BALANCE - WORKSHEET

Identify the Challenges & Stressors of Life Today	

Physical Signs of Stress	Emotional Signs of Stress	Mental Signs of Stress	Behavioral Signs of Stress	



CREATING BALANCE - WORKSHEET

What I Can Do to Manage Stress & Create Balance in My Life	What I Will Do in the Next Month to Create Balance in My Life



CREATING BALANCE

DEALING WITH STRESSORS	CALMING YOURSELF	DOING THE BASICS	CREATING & LIVING A LIFE OF MEANING
Benefits	Benefits	Benefits	Benefits
Brings a sense of control & mastery Increases knowledge about stressors	Brings a sense of self-control Can induce relaxation Can stop or decrease intensity of stress reaction	Brings structure & predictability to life	Brings meaning & purpose to life Brings increased balance to life Offers opportunities to experience pleasurable activities & be creative
Coping Skills	Coping Skills	Coping Skills	Coping Skills
Talk to & spend time with supportive people Ask for help Delegate responsibilities when appropriate Learn about the stressor and its effects Problem Solve Choice - Do what you can to address the stressor - Choosing is empowering Avoiding stressful people & situations when appropriate Increase acceptance - Change what you can - Accept & cope with the rest	Deep breathing - Use 5-second Breath handout Rapid Stress Management STOP – BREATHE - REFOCUS Relaxation Techniques - Deep Relaxation - Relaxation response - Mindfulness - Meditation - Yoga - Tai Chi - Guided Imagery - Deep muscle relaxation Prayer Walking Music Nature Decrease negative & practice positive thinking	Eating healthy foods Sleep Hydration Taking any prescribed medications Management of any health conditions Personal hygiene Cooking Cleaning & household chores Work Travel & errands Time management Monitor your attitude about stressors Decrease negative & practice positive thinking Schedule time for self-care & fun Schedule social time	Hobbies Art Music Nature Pets Volunteer work Work Travel Reading Movies Learning professionally & personally Exercise Sports Spirituality Attending religious services Parenting Relationships, affection Having a cause on which to work
	Humor	Utilize & capitalize on your strengths	Creativity



STRESS WARNING SIGNS

PHYSICAL SIGNS	EMOTIONAL SIGNS	MENTAL SIGNS	BEHAVIORAL SIGNS
Sweaty palms	Nervousness	Inattentiveness	Decreased activity level
Perspiring, feeling flushed	Anxiety	Mental fatigue	Lack of enthusiasm
Shortness of breath	Fear	Inability to focus	Withdrawal from social
Tight neck and shoulders	Feeling paralyzed	Poor concentration	relationships
Body tension	Numb	Forgetfulness	Rushing
Bach Aches	Feeling on edge	Excessive worry	Increased errors on the job
Muscle twitching	Frustration	Increased negative thinking	Argumentative
Jaw pain	Irritability	Diminished problem solving	Defensive
Rapid heartbeat	Impatience	skills	Uncooperative
Chest pains	Anger	Difficulty multi-tasking	Overeating or under eating
Gastrointestinal upset	Disgusted		Changes in nicotine use
Dry mouth	Apathy		Misuse of alcohol
Fatigue	Lack of Pleasure		Drug use
Poor sleep	Sadness		Unsafe driving
Headaches	Discouraged		Too much or not enough
High blood pressure	Helpless		sleep
Eye strain	Hopelessness		
Weight loss or gain	Crying		
Nervous tics	Lonely		
Teeth grinding	Depression		
Skin rashes	Suspiciousness		
Increased urination	Dislike of self		
Frequent colds/flu	Feeling defensive		

Certificate of Achievement

This certificate certifies that I have successfully reviewed the Stress Management Tool-Kit
from the Aurora Employee Assistance Program and have completed <u>all</u> Creating Balance Worksheets.

Print Name (required)	Date	
Signature (required)		

My signature verifies that the information above is true and correct.

Please mail this signed and dated form to Aurora Smart Rewards, P.O. Box 343910, Milwaukee WI, 53234 or fax, 414-389-2367.



AURORA S M A R T rewards