

Managing Stress



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Stress is a normal part of everyday life at work, at home, in the grocery store—just about anywhere. To manage stress, understanding it is a good starting place. What is stress? Stress is a response to a change or conflict. Stress can be physical, mental, or emotional. To appropriately manage stress, first identify its source and its triggers, and then make a plan for noticing those sources and triggers and responding calmly. Decide what that would look like for you. Might it be taking deep breaths, or giving yourself physical space from the trigger for a few minutes? Managing stress is critical to parenting effectively. Other benefits include providing you with a sense of being in control of life. Finally, learning how to manage and cope with stress appropriately provides a model for children on managing and coping with stress in their own lives (Swartz et al., 2016).

Identify Stressors. A stressor (or trigger) is a factor that contributes to stress. The following link is a worksheet that you can use to identify where your stress is coming from:

- <https://www.therapistaid.com/worksheets/stress-exploration.pdf>

Apply It. Now that you have identified what triggers your stress, find appropriate ways to cope with that stress. Coping strategies are actions that you can use to deal with stress. Healthy coping strategies provide us with long-lasting positive outcomes. Healthy coping skills are one way that you can manage stress. Managing your stress will be easier when you take time to identify people you can rely on when you're feeling overwhelmed, which emotions you may experience when you begin feeling stressed, and how to appropriately balance the many various aspects of your life.

Coping Strategies. These links provide worksheets to assist you in finding positive coping strategies and give tips on keeping your stress at a minimum.

- <https://www.therapistaid.com/worksheets/healthy-unhealthy-coping-strategies.pdf>
- <https://www.therapistaid.com/worksheets/stress-management.pdf>
- <https://www.therapistaid.com/worksheets/stress-management-tips.pdf>

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