



Stress Management Skills

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Call 1100

What Is Stress?

- Stress is a feel of emotional/physical tension.
- Your body's reaction take of challenge or demand
- From thought to feeling frustrated, angry, or nervous
- Stress can also be a positive reaction



An illustration on the left side of the slide shows a dark blue globe. Several hands are placing puzzle pieces onto the globe. The puzzle pieces are in shades of teal, grey, and purple. The hands are light-skinned and are shown in the process of fitting the pieces together.

Internal/External Stress

- Internal stress comes from your body and/or mind. Internal is the most common cause of stress , because we tend to worry about things we can not control.
 - Fear, lack of control, and beliefs are examples of internal stress
- External stress are caused by situations that happen to yourself. This stress can lead into internal stress which can lead to struggling.
 - Major life changes, the environment, social, and workplace are examples of external stress



Positive/Negative Stress

- Stress can be positive or negative depending on the situation.
- With positive stress it helps complete tasks , boost memory, keeps a healthy state of mind and body set
- Stress can become negative due to cause physical, emotional, and behavioral problems which can affect with your health, and energy.

The Four A's (AVOID)

- Learn to say NO
- Avoid people who causes stress to happen.
- Writing a list of responsibilities, daily task
- Practice gratitude, view standards





The Four A's (Alter)

- Express your feelings out don't keep them inside you
- Compose your way of environment , have a balanced schedule

The Four A's (Adapt)



- Rethink on your problems from a more positive understanding
- Always look at the bigger picture to make situations better
- Never set yourself into failure dealing with stress

The Four A's (Accept)

- When accepting do not go into the downfall (negativity)
- Every situation you may can't help, so you have to ACCEPT it
- Learn to always forgive even if it's bad, you never want to hold onto feelings



Decline



Accept

ABC METHOD

(Awareness)



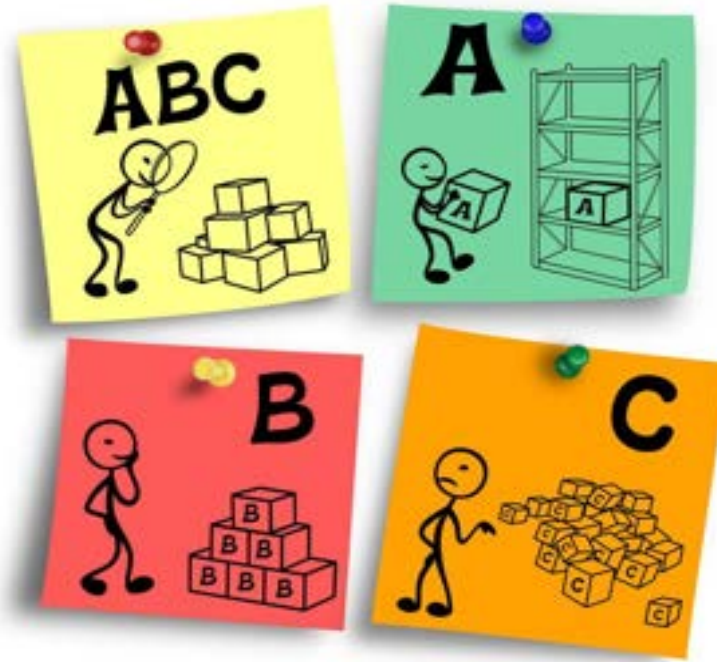
- The cause of stress
- Give in time to figure out what is causing you to be stress
- Find the main factors to get straight to the point

ABC METHOD (Balance)



- By balancing you will run into positive and. Negative outcomes of stress
- Eustress known as positive (motivate and focus energy)
- Distress known as negative stress (anxiety and less performance of activity)

ABC METHOD (Control)



- With this you can ask yourself questions to understand
- Going to someone who's professional in the field of stress management is also a good idea
- Look up different ways to control your stress

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Question slide

1. What advice would I give to calm down someone who is stressed?

- I would ask them to explain what is going on that's making them stress, then I would give out my option to help cope with what they explain the stress is coming from.

2. What are some emotional signs that I am stressed?

- You will notice the different emotions you feel physically and emotionally. Sometimes you may have trouble sleeping and you can overthink everything.

3. How do I cope with stress management ?

- I deal with stress management by talking to someone that I feel that can help me. With me liking art I draw a lot, and I make logos and stickers for business, to detract my mind from all the stress.

Reference Slide

- <https://www.helpguide.org/articles/stress/stress-management.htm>
- <https://www.iol.co.za/business-report/economy/the-abcs-of-stress-management-1921015>
- <https://marcellepick.com/external-and-internal-stress/>