



# Types of Stress

## Psychological Stress

### *Manage Self-Talk*

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|-------|--|
| _____ | I should know everything.                        |
| _____ | I should be liked by everyone.                   |
| _____ | I should never make a mistake.                   |
| _____ | I should never offend.                           |
| _____ | The more money I have, the smarter I am.         |
| _____ | The less money I have, the dumber I am.          |
| _____ | I should always be advancing in my career.       |
| _____ | My home should always be clean and neat.         |
| _____ | I should do everything well.                     |
| _____ | I should do everything myself.                   |
| _____ | I should always be cheerful.                     |
| _____ | I should be perfect.                             |
| _____ | I should never lose my temper.                   |
| _____ | I should always be doing something constructive. |
| _____ | I can't rest until I get it all done.            |

### *Technique*

Step One:

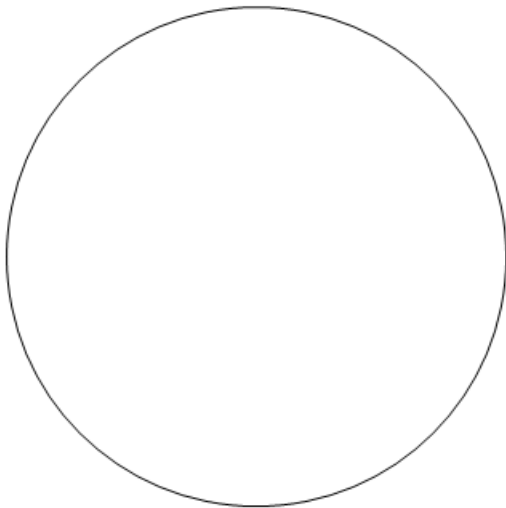
Step Two:

Step Three:

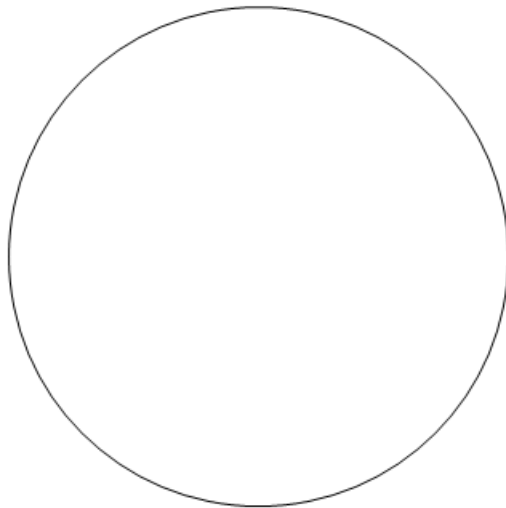
Situational Stress

- 1. Name your personal and professional priorities:
- 2. Rank the things you do each day/week from the most time-consuming to the least.
  - o Most = 1
  - o Least = 10
- 3. Graph how you spend your time

My Life Now



My Life Balanced



**Ideas:** Home, Financial security, Recognition, Friends, Family, Health, Faith, Personal growth, Self-time, Work Exercise

- 4. Set Goals

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## Physiological Stress

### *Ten Ways to Protect your Health*

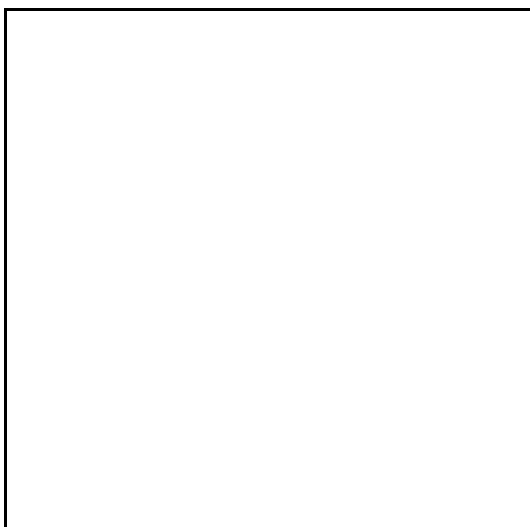
1. Listen to your body.
2. Take vitamins and/or eat balanced meals.
3. Think of food as fuel.
4. Always STOP to eat.
5. Add comfort to your work.
6. Stop smoking.
7. Exercise regularly.
8. Know your energy gains/drains.
9. Get the right amount of sleep.
10. Relax a little each day.

### *Healthful Eating Tips*

1. Always eat breakfast.
2. Drink plenty of water.
3. Take time out for lunch.
4. Let 50% of your diet consists of fruits and vegetables.
5. Be aware of caffeine intake.
6. Limit salt consumption.

### *Energy*

Gains



Drains

