

## Developing Self-Awareness: Stress Identifier Tip Sheet

### Understand How Stress Affects You

How do you know when you're stressed? How do you feel when you're stressed?

### Identify Your Stress Sources

What events or situations trigger stressful feelings for you?

### Learn Your Stress Signals

What happens to you when you're stressed? Do you experience changes in mood or behavior?  
Do you experience physical symptoms?

### Recognize How You Deal with Stress

As a reaction to the feeling of stress, how do you behave? Are these behaviors a useful coping mechanism?

## Quick Tips for Dealing with Stress

### 1. Get active.

Exercise can help reduce some of the emotional intensity you're feeling, helping to clear your thoughts, increase positivity, and enhance your focus.

### 2. Create a support network.

Connecting with others, whether that be family, friends, or colleagues, can help you to view the situation in a different way. If you're feeling overwhelmed with stress, you may want to talk to a psychologist.

### 3. Take control.

If you're thinking in a passive way—feeling that you can't do anything to resolve your problem—you're unlikely to be able to reduce your stress levels. Instead, commit to finding a solution, however small, and taking control to make positive changes in your life.

### 4. Avoid unhealthy habits and behaviors.

Identify habits and behaviors that aren't helping you to manage your stress, and commit to tackling and changing these, one step at a time.

### 5. Focus on helping others.

A sense of working toward a purpose that's greater than you, gives you a different perspective and helps you to think outside of your own problems and issues.

### 6. Accept what you can't change.

There is no point fighting with a situation you have no control over—you'll only work yourself up and there's no solution.

### 7. Focus on relaxing.

Create a sense of calm, whether that be by using meditation, yoga, exercise, reading, or a hobby.

### 8. Take care of yourself.

Get clear on what you need to reduce stress. Think about your diet, the amount of time you spend relaxing and having fun, and who you need around you to help lift your mood.