

# How to Manage Stress

Presenter: Linsey Kapoor, LMFT, LPCC



# Defining Stress

- Excessive pressure or demands placed on someone.



# Signs of

## Stress

- Tearfulness
- Feeling tired/lack of energy/motivation
- Trouble concentrating
- Difficulty sleeping
- Increase or decrease of appetite
- Weight gain or loss
- Restlessness
- Rapid breathing or increased heart rate



# Stress can affect us in 2 ways

## Emotionally

- Short temper
- Moody
- Excessive worrying
- Fail to remember
- Feeling overwhelmed



## Physically

- Headaches
- Tight or sore muscles
- Stomach aches
- Rapid breathing
- Shaky hands
- Trouble sleeping
- Sex Drive
- Sweatiness



# Stress Affects our Health

- High blood pressure
- Weight problems
- Digestive problems
- Skin problems like eczema
- Cognitive and memory problems
- Shuts down immune system
- Diabetes
- Asthma



# Traditional Remedies for Stress

- Keep a positive attitude
- Humor
- Exercise regularly
- Time manage
- Set appropriate boundaries
- Self-care
- Get enough sleep
- Practice relaxation
- Eat healthy

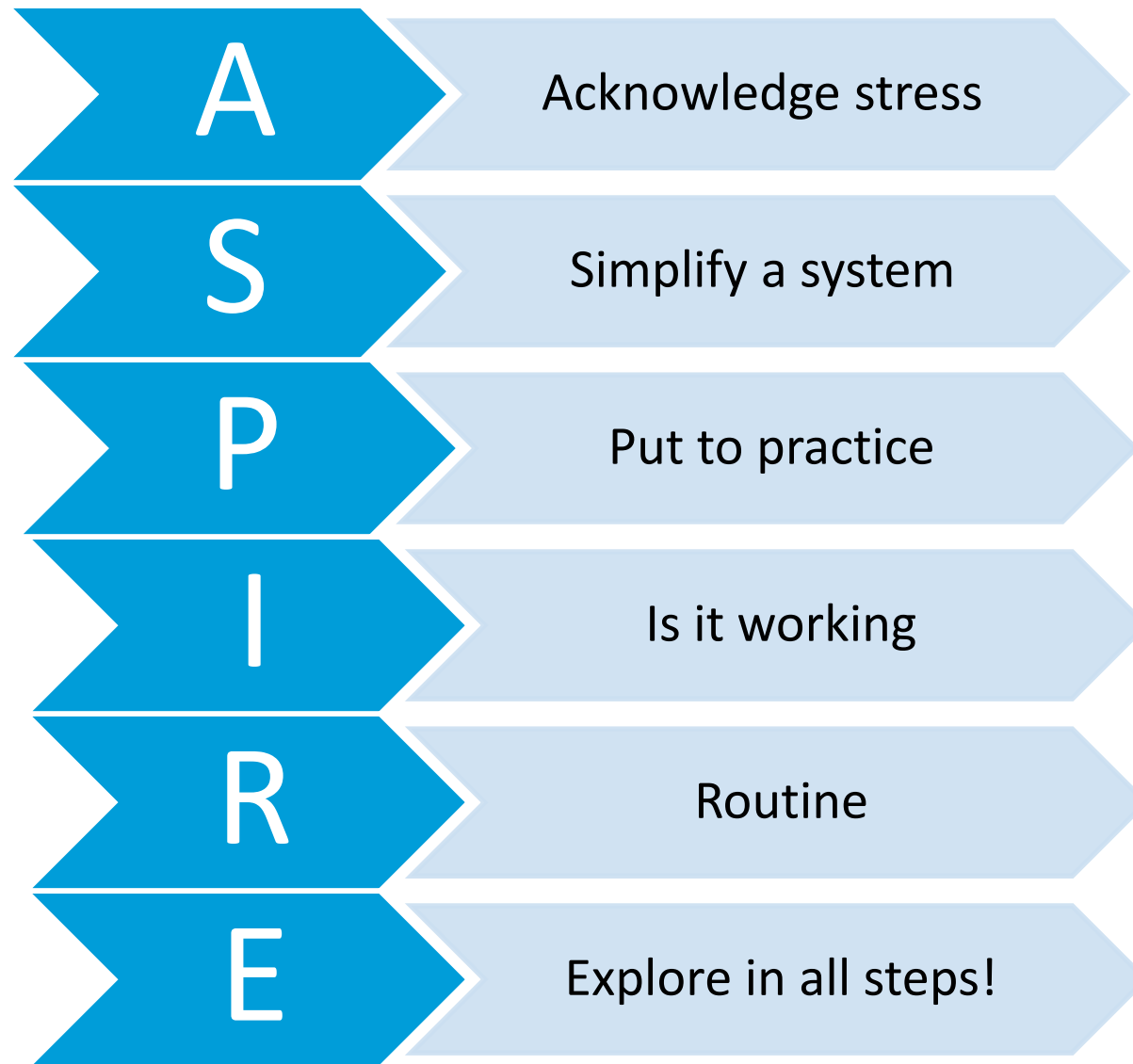


# 5 simple steps to relieve stress



From Stress Management Toolkit

# Aspire to Stress Less!





# Acknowledge Stress

## Bringing Work Home



What type of symptoms do you feel?

# Simplify a System

## Examples

### Setting Healthy Boundaries



### Time Management



# Put to Practice



# Is it Working



# Routine



# Explore all steps

Remember explore in all steps!!!



# Aspire to Stress Less! (Review)



- If you are anyone you know Suffers from Chronic Stress or Anxiety or a mental health condition, Counseling or Therapy Services are here to help.



Modesto office: (209)554-6808

Thank You