

ERICSA 2015: Building Sweet Futures for ...



So, You Had a Bad Day

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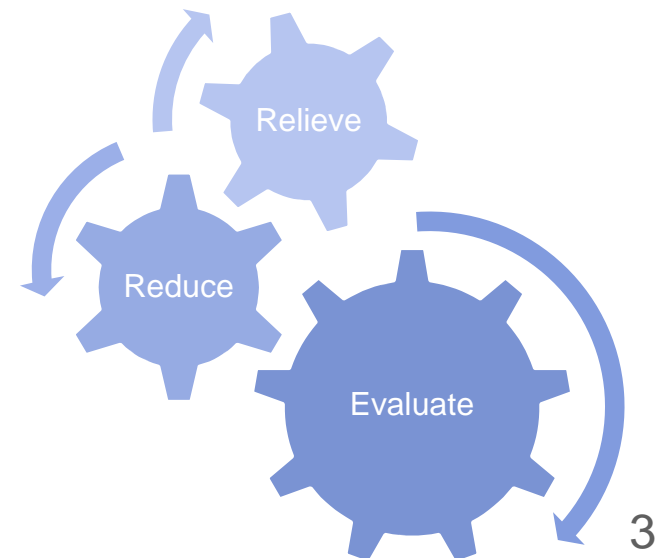
Module Objectives

- Recognize personal triggers of stress
- Reduce the effects of stress
- Use tools and exercises to manage stress

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What Can You do About Stress?

- The good news is that you can learn ways to manage stress.
 - Evaluate the causes of stress in your life.
 - Look for ways to reduce the amount of stress.
 - Learn healthy ways to relieve stress.



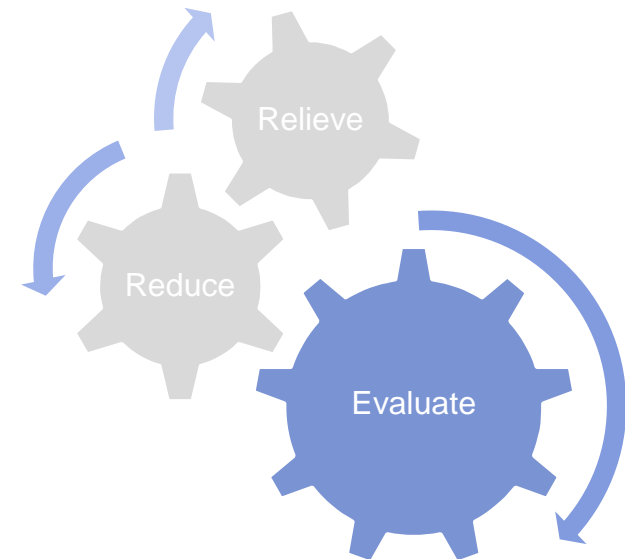
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Evaluate

- The degree to which any stressful situation or event impacts your daily functioning depends partly on the nature of the stressor itself and partly on your own personal and external resources

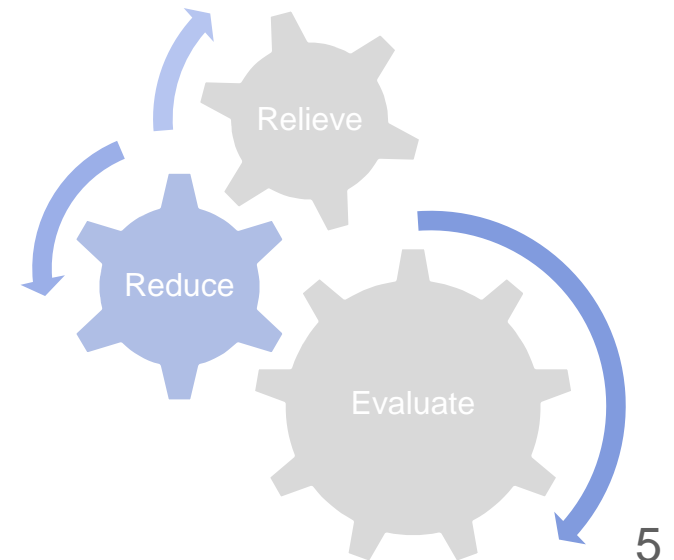
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Reduce

- Manage time
- Lifestyle
- Social support
- Community resources

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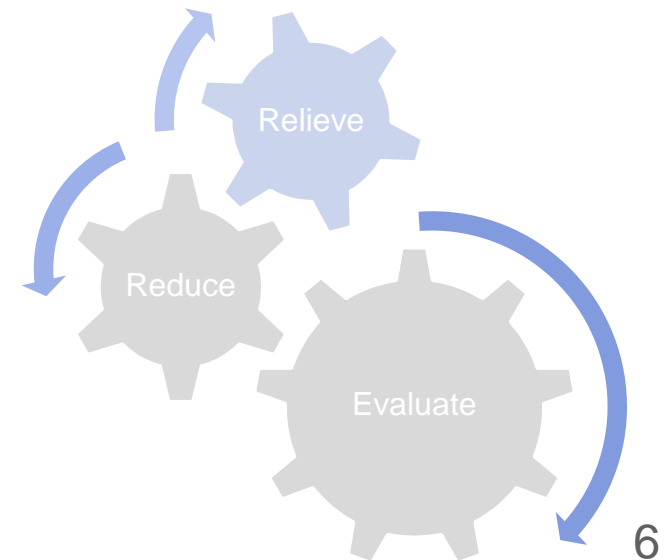


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Relieve

- Work through your mental state
- Relax your body
- Get physical

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Mental Techniques

- Write it down
- Listen to music
- Appreciate laughter
- Meditate



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Body Relaxation

- Do something you enjoy
- Massage
- Aromatherapy
- Yoga

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Discussion

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Contact Us

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