

Holistic Resources

HOW TO MANAGE STRESS IN YOUR LIFE AND AT WORK EFFECTIVELY

4. WHEN YOU CAN'T CHANGE IT, CHANGE THE WAY YOU SEE IT

One type of stress none of us can avoid is Environmental Stress. Environmental stress is the stress that you can do absolutely nothing about. It is the stress that is caused by the environment around you.

HOW TO MANAGE STRESS IN YOUR LIFE AND AT WORK EFFECTIVELY

3. CHOOSING WHAT TO TACKLE AND WHAT TO RELEASE



STRESS MANAGEMENT GUIDE



CREATED BY:
DR KAY

2. STRESS AND RELATIONSHIPS: HOW TO NAVIGATE THE TOUGH STUFF

Have you ever been guilty of taking your stress out on someone you love?

1. IDENTIFY YOUR STRESSORS: BE SPECIFIC

One way of dealing with stress is the:

"Name It, Tame It" Technique

When identifying what stresses you, be as specific as possible. In other words, instead of writing down the word, "work", write down what it is about work that causes you stress.

For example:

- Miscommunication with coworkers
- Feeling overwhelmed to tackle a new project
- Balancing work and the needs of your family

When we specifically name what stresses us we can see that there are other aspects of the broad category that we enjoy, like seeing our favorite co-worker or making a valuable contribution.

When you are specific in naming your stress, you are taking an important first step to taming the stress. Being specific helps you make clearer decisions about what you can do to reduce your stress.

Would you be surprised to discover that stress has been named as an underlying factor in up to 90% of illnesses? Would you be surprised to find that more of the people around you feel stressed pretty much all the time?

One of the best ways to manage stress in your life is to first become aware of exactly what it is that causes you stress, because if you can name the stressor, then you can take the necessary steps to minimize or eliminate it.



Stress Management Guide Near Me

Joel Robertson



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Resources in Education ,1992-10 *Anxiety: Stress Management Guide for Overcoming Anxiety, Depression, Phobias, and Panic Attacks Through Cognitive Behavioral Therapy, Hypnosis and Meditation: Understand Psychology and Remove Shyness* Joel Robertson,2018-10-27 Are You Ready To Say Goodbye to Your Anxiety Worry and Panic for Good This Book Will Reveal How This is a guide to help you understand the symptoms of being over anxious and then goes on to help you tackle the condition of an anxiety attack Better still it shows you how to recognize an imminent anxiety attack and deal with it in simple steps I don t wish to complicate your life further just to make it easier The purpose of this book is to give you the tools to reinvent your life and yourself No You are not going to become a god but I can tell you this if you take the principles in this book serious you will see a change in your anxiety levels and outlook towards life in general You will have become a warrior of peace You Need This Vital Information To Eliminate Anxiety And Depression From Your Life *American Book Publishing Record* ,2006 *The Publishers Weekly* ,2004 **Nursing Diagnosis** Lynda Juall Carpenito,1997 Discover the essentials for safe and accurate nursing diagnosis This single volume from one of the field s leading authorities provides complete coverage of the issues you ll face in daily practice Specific examples and practical guidelines help you improve accuracy common errors in diagnostic statements are highlighted to help you avoid potential pitfalls streamline assessment Focus Assessment Criteria promote collection of data relevant to nursing diagnosis get results outcome criteria relate interventions to outcome and expand your focus Cultural Considerations open doors to understanding Explore these new knowledge building features new format separates specific from generic diagnoses key interventions are grouped according to specific populations updated information offers the latest in nursing diagnoses key concepts identify the principles for nursing care and author s notes provide helpful insight concerning the nursing diagnosis **School Library Journal** ,1990-07 **A Visual Reference for Evidence-based Design** Jain Malkin,2008 **Medical and Health Care Books and Serials in Print** ,1986 *Parenting for High Potential* ,2006 **Human Resources 95/96** Fred Maidment,1995 **Human Resources 96/97** Fred H. Maidment,1996 **Nursing Today** JoAnn Graham Zerwekh,Jo Carol Claborn,2003 Reflecting rapid changes in the field the fully updated fourth edition of this successful text focuses on the information students need to make a successful transition from the classroom to practice It provides a solid understanding of the problems and opportunities professional nurses face and it details the practical skills essential for success New and expanded coverage is included on nursing management the delegation of nursing care community based care and alternative complementary health care Specific career management tools covering communication in the workplace time management resume writing and interviewing tips basics of budgeting and a full chapter on the NCLEX RN exam give readers the practical advice they need to succeed Lively cartoons student objectives and exercises boxed information and thought provoking questions keep readers alert and focused on essential information A solid chapter on delegation by well known experts provides an in depth

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