



Nicole Fulgham

# Stress Management Tips

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## What is Stress?

Stress is a natural reaction of your body due to challenges or changes that occur in life. Everyone experiences stress at some point. The trick is to know how to manage it so it does not become debilitating

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## 1. Physical Activity

Physical movement can decrease stress. Whether it's exercise, taking a walk, having an impromptu dance party, movement helps your body deal with stress.



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## 2. Manage Time Better--Set goals

Often stress comes because we haven't managed our time well. Taking the time to plan out your day/week/month and set goals can help you deal with stress. If your time is well managed, then perhaps the thing causing your stress becomes more manageable as well.



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## 3. Practice Gratitude

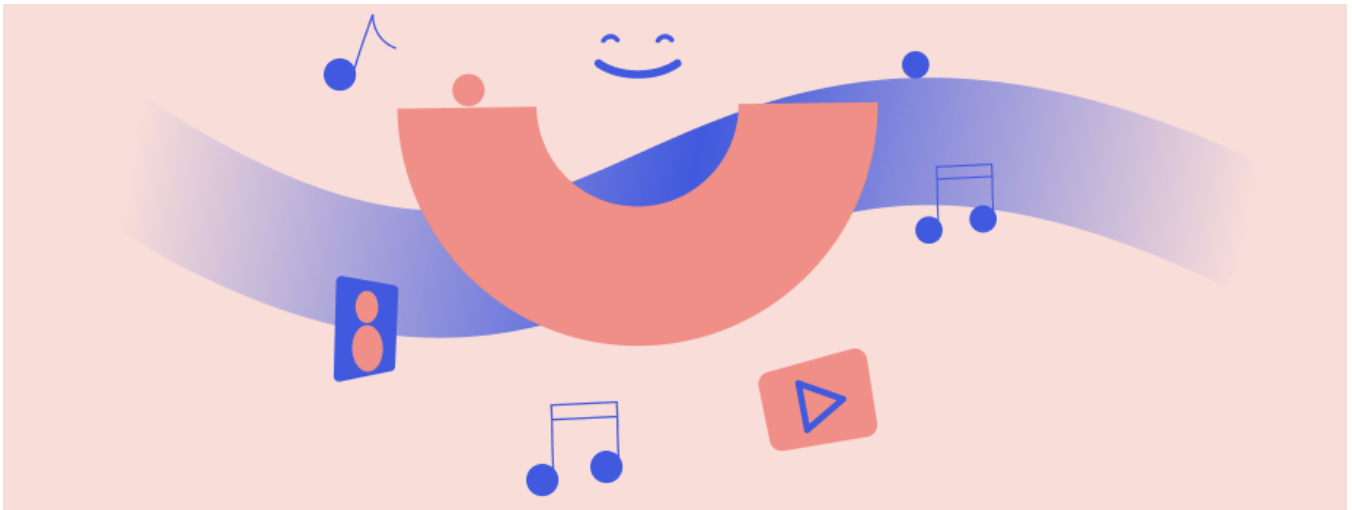
Practice gratitude by making a list of everything you are grateful for each day. A gratitude journal is a great way to do this, however, even simply saying it out loud can make a big impact. Staying positive and acknowledging all the things you are grateful for will help you manage stress.



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#### **4. Make time for Fun and Relaxation**

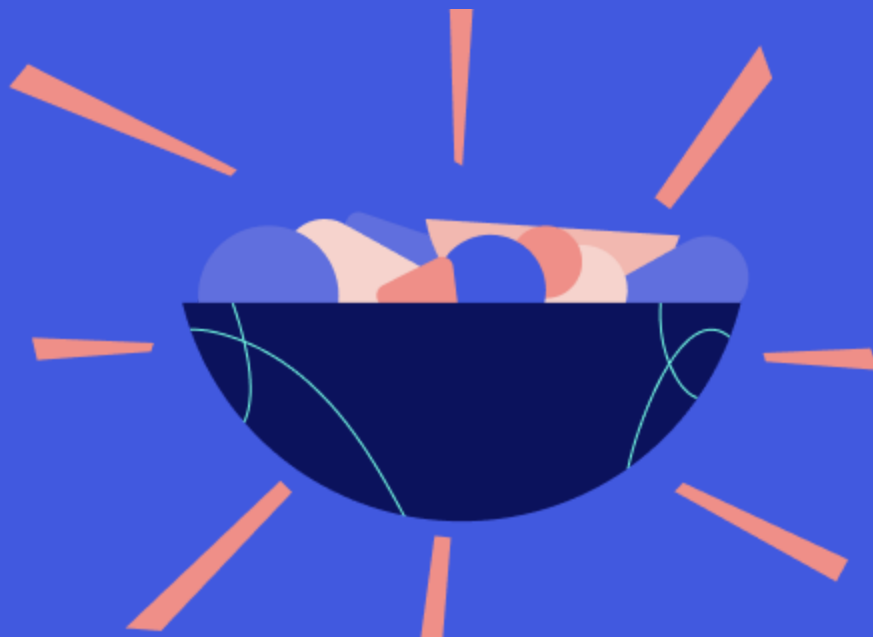
In the midst of stress, it can be easy to say there is no time for you to do fun or relaxing things. However, one way to manage stress is to give yourself time to have fun and to relax. This can go hand in hand with time management because if you set aside the time to have fun, it can help with the stress.



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## 5. Maintain a Healthy Lifestyle

Maintaining a healthy lifestyle will help with stress management. If you are feeding your body what it needs, getting the necessary sleep, and getting in movement, you will find that whatever is causing you stress is more manageable. Your body and brain will have the energy they need to deal with every day stressors.



## Reflection

Everyone experiences stress. It is a natural part of life. It is important, however, that you do not allow the stress to overshadow your daily life. Stress management is a skill you can develop to maintain a well-balanced life and to keep enjoying life.

Consider what you can do to help manage the stress in your own life.

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“The greatest weapon against stress is our ability to choose one thought over another.”

- William James

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“In the middle of difficulty lies opportunity.”

- Albert Einstein

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“It’s not stress that kills us; it is our reaction to it.”

- Hans Selye

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“When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure. ”

- Peter Marshall

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## References

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