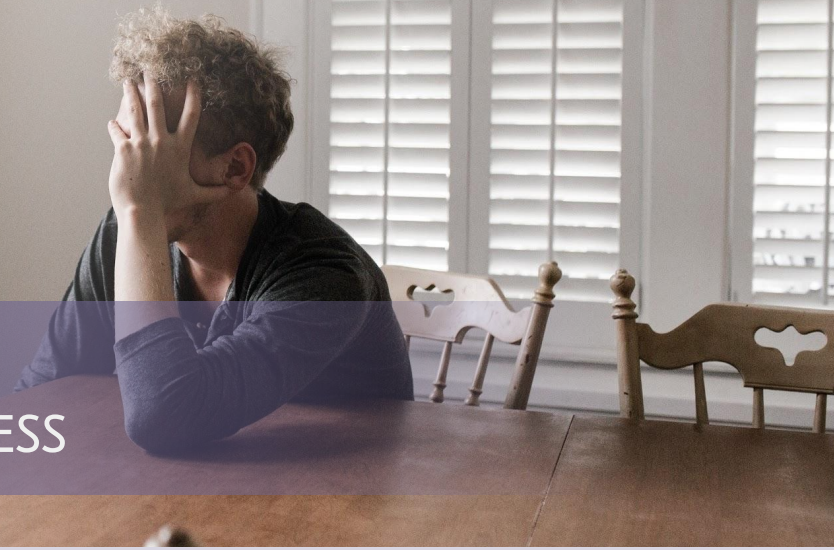




STRESS MANAGEMENT

LEARN TO MANAGE YOUR STRESS



WHAT IS STRESS?

Stress, from an emotional perspective, is the body's reaction to a triggering thought, incident, or circumstance. Stress is a core component of the fight or flight response that acts as an automatic survival mechanism which prepares the body to take action. Historically, this was generally a response to physical threats while today, many of us feel stress as a result of what we perceive as mental and emotional threats.

Common physiological responses to stress include racing thoughts, dry mouth, increased heart rate, tensed muscles, quickened breathing and sweaty palms, to name a few.

FINDING A SOLUTION

Emotional stress can have far reaching effects on both the mental and physical health. If you experience stress on a regular basis, try some of these strategies.

- **Self-care** - Self-care can be any task or activity that brings you peace and happiness in the moment. Things like time with friends, exercise, or reading a good book.
- **Sleep** - A regular sleep routine can help to regulate regulate mood reduce stress.
- **Exercise** - During physical activity the body produces produce endorphins (chemicals in the brain that can act as natural painkillers) that can help to improve sleep and reduce stress.
- **Nutrition** - By keeping a healthy diet, you can help to strengthen the immune system and lower blood pressure which in turn can counter the effects of stress.
- **Deep breathing** - When you practice deep breathing in moments of stress you are, in effect, sending a message to your brain to relax and calm down.
- **Time management** - By planning your days using a calendar and/or to do lists, you can better track and prioritize tasks as well as plan time for self-care, which will help to reduce stress.

Note that this article should not to be considered medical advice, diagnosis, or treatment and should not be used as a substitute for medical advice, diagnosis, or treatment. Layla is not a healthcare provider so your use of this article is at your own risk. If you or someone you know are in need of immediate care, or are in crisis or danger of harm, call 911 or proceed to your nearest emergency room immediately.

Layla empowers you to **take greater control of your mental health**, Through a personalized approach, we make it simpler and faster to connect with the right therapist.

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WORKSHEET:

STRESS MANAGEMENT ROADMAP

To help manage your stress in the moment, it's important to take the time for self-exploration that will lead to understanding of your stress response and strategies to help when you need them most.

To start, try filling in the boxes of the following stress management roadmap:

My stressors:

The triggering thoughts or events that cause you to feel stressed.

How stress makes me feel:

Are you sad, frustrated, angry, unwell, other?

How I cope with stress:

(What actions do you take, and are they effective?)

When I ask for help:

Identify when it's useful to get support from others.

Who I ask for help:

A list of people, places or things to turn to.

HELPFUL RESOURCES

The following are some self-help resources that you could choose to explore for more information:

- **Book:** *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works* by Dan Harris
- **Apps:** Pacifica, Headspace, My Mood Tracker, Personal Zen, Happify

If you are experiencing extreme sleep issues that disrupt everyday life and the solutions provided on this tips sheet have proven unhelpful, consult a licensed professional for further support.

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