

Stress Indicators

- Difficulty concentrating or paying attention
- Ongoing headaches, muscle aches/spasms or back aches

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Stress Indicators

- Problems eating
- Poor sleep (trouble falling asleep, nightmares, etc.)

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Stress Indicators

- Stomach problems, diarrhea or frequent urination
- Increase in severity and duration of "colds"

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Stress Indicators

- Low frustration tolerance
- Waves of sadness with urges to cry

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Stress Indicators

- Dizziness, lightheadedness, or difficulty breathing
- Ongoing headaches, muscle aches/spasms or back aches

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Quick Ways to Handle Stress

- Relax right where you are. Close your eyes and visualize yourself in a pleasant setting.
- Take a break. Get some exercise or fresh air.

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Quick Ways to Handle Stress

- List all the things you need to do. Then prioritize the list and do only the top few. The rest can become first priority tomorrow.
- Do it now. Thinking about the work we have to do can make us so much more miserable than just doing the work. So, instead of putting it off until tomorrow, get to it!

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Quick Ways to Handle Stress

- Ask yourself whether it's worth being upset over the situation. You can choose to stay calm and ignore it. If the issue is important, confront it directly.
- Breathe. Deep breathing is extremely calming. Fill your lungs to capacity, imagine your neck and shoulders relaxing, and slowly exhale.

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Quick Ways to Handle Stress

- Neck or shoulder rolls. Rolling your head in a circle several times and/or rolling your shoulders in a circular motion provide instant stress reduction.
- Sleep. 7-8 hours a night, if possible, or take a nap.

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Quick Ways to Handle Stress

- Belly Breathing. Simple, yet powerful for stress management. Just breathe from your abdomen instead of your chest to relieve tension.

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Quick Ways to Handle Stress

- Mindfulness. Use this technique to better manage or cope with stressors in your life.
- Mindfulness means tuning into the presents moment and its accompanying sensations.
- Practice on your own: Awareness of breath—Give your attention to the experience of breathing and cultivate relaxation through a series of thoughtful breaths.

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Quick Ways to Handle Stress

Practice mindfulness on your own:

Body Scan—Roam deliberately through the body, focusing on one area at a time and noting various sensations and emotions that arise, without judgement.

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Quick Ways to Handle Stress

Practice mindfulness on your own:

Loving-kindness—Recite inwardly the following phrases: “May I be happy. May I be healthy. May I be safe.” Then expand it to include others.

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Things Happy People Do

- They find their most golden self.
- They picture happiness.
- They recognize their unique talents and potential.

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Things Happy People Do

- They design their lives to be joyful.
- They control and plan their lives with exciting activities.
- They transfer portions of their day from things they dislike to ones they enjoy.

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Things Happy People Do

- They avoid “If only” fantasies.
- They do not buy into this kind of thinking and stay content.
- They keep their lives full of novelty by trying a new activity or putting a new spin on an old favorite.

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Things Happy People Do

- They allow themselves to be happy.
- They do not feel guilty or wrong for having fun.
- They pursue taking care of others and being happy simultaneously.

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Things Happy People Do

- They put best friends first.
- The nature of relationship counts—long time spent with a close friend brings more joy than chatting with an acquaintance.
- They see pleasure in companionship.

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Create your happiness through...

PLEASURE. Have and recognize moments of pleasure in your day.

For example:

- Notice a beautiful sunset
- Observe a kind gesture
- Hug someone

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Create your happiness through...

ENGAGEMENT/FLOW. Be so engaged in an activity that you lose yourself.

For example:

- Playing with your dog
- Reading
- Biking

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Create your happiness through...

VICTORY/ACCOMPLISHMENT. Gain a sense of accomplishment or victory.

For example:

- Finish that project that's due
- Win a pick-up game at the gym
- Complete your chores

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Create your happiness through...

POSITIVE THINKING. Be optimistic and hopeful when reflecting on the events in your life.

For example:

- Attribute your success on an exam to your hard work and intelligence, rather than luck.

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Create your happiness through...

DOING THINGS FOR OTHERS.

For example:

- Volunteer for Habitat for Humanity
- Hold the door open
- Buy your friend lunch

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Create your happiness through...

DAILY GRATITUDE. Take time to reflect on the blessings and pleasures in your life.

For example:

- Write down three good things that happen each day.

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