

Understanding Stress & Building Resilience

Evaluate your life

Write down three items from your life in each section:

Important & Controllable

Take Charge!

Examples:

- Work, exercise, diet

Take charge of these things and meet them head on.

Unimportant & Controllable

Prioritize

Examples:

- Going to the movies, playing video games, vacations

Decide what is priority and manage your time accordingly.

Important & Uncontrollable

Learn to cope

Examples:

- Death in the family, government shutdown, job loss

Learn what you can do to cope.

Unimportant & Uncontrollable

Develop serenity

Examples:

- Traffic, other people, weather

Develop a plan to deal with these things.



Positive Coping

Breathing/Meditation-Breathing is the easiest to learn and provides the fastest results. The STOP method can help you focus and relax:

S = Stop what you are doing: Press the pause button on your thoughts and actions.

T = Take a few deep breaths to center yourself and bring yourself fully into the present moment.

O = Observe what is going on with your body, emotions and mind.

P = Proceed with whatever you were doing, making a conscious, intentional choice to incorporate what you just learned.

What is one activity you do to relieve stress?

Fillable Text (Arial 12/14)

Does stress affect your food choices or eating habits?

Fillable Text (Arial 12/14)

If stress does affect your eating habits, you have weight and lifestyle management resources to help you get back on track:



Scan the QR code to visit
the HealthSelect website for
more information.



The four A's of managing daily challenges



Avoid fight or flight situations by

- Saying "no"
- Avoiding people who make you feel anxious
- Taking control of your environment
- Avoiding hot-button topics
- Paring down your to-do list

Alter your reaction by

- Expressing your feelings
- Compromising
- Being assertive
- Managing your time

Adapt to challenges by

- Reframing problems
- Looking at the big picture
- Avoiding perfectionism
- Focusing on the positive

Accept the things you cannot change by

- Letting go of the uncontrollable
- Looking for the upside
- Sharing your feelings
- Learning to forgive

The Four A's of Stress Management

Think about the last stressful situation you faced. How could you apply the four A's?

Avoid

Fillable Text (Arial 12/14)

Alter

Fillable Text (Arial 12/14)

Adapt

Fillable Text (Arial 12/14)

Accept

Fillable Text (Arial 12/14)



HealthSelect resources within your control

- Learn to Live
- Doctor On Demand® and MDLIVE®
- Mental health care management
- 24/7 Mental Health Line

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What is one way you will begin to reduce or manage challenges today?

Fillable Text (Arial 12/14)

Additional resources

If you or someone you know is struggling or in crisis, you can access the national Suicide & Crisis Lifeline by calling or texting 988 or through online chat at **988lifeline.org**.

Substance Abuse and
Mental Health Services Administration
samhsa.gov/find-help/national-helpline

The American Institute of Stress
stress.org

National Domestic Violence Hotline
(800) 799-7233

National Institute of Mental Health
nimh.nih.gov

National Suicide Prevention Lifeline
(800) 273-8255

National Parent & Youth Helpline
(855) 427-2736

Childhelp National Child Abuse Hotline
(800) 422-4453



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