



# FOUR MAIN STRESSORS

Targeting Wellness Newsletter  
Good News for Good Health  
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## Time Stress

Impending deadlines, a sense of running out, or that panic feeling that you have forgotten to do something important.



Practice time management through creating to-do lists, prioritizing, and time chunking. Learn to say “no” to additional tasks when possible.



## Situational Stress

Become aware of physical tense in your body. Choose to shift your thoughts to what is actually in your control. Pause. Breathe. Relax your muscles.

Most things are out of our control. The only thing we can control is our reaction to them.

## Anticipatory Stress

Sometimes the most harmful because it focuses on the future, something that hasn't happened, focusing on the worst-case scenario.



Remind yourself it's only a thought. And if the worst-case were to happen, chances are you would be just fine!

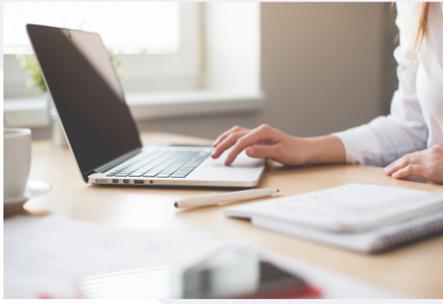


## Encounter Stress

Try calming yourself down before anticipated encounter: meditate, do breathing exercises, take a walk. Relaxing physical tensions can help relax your mind for better focus.

Comes from interacting with a person or group. May go hand-in-hand with situational stress.

# THREE MAIN CAUSES OF STRESS



**Work**



**Finances**



**Personal Life**

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It's important to understand that our stress, regardless of the type or cause, is fueled by our own thoughts. Could it be that many times we feel it is our "obligation" to worry? Not worrying about it may be perceived as not caring. Can you find the keyword in that phrase? Perceived! Once again, generated from our own thoughts.

Worry is NOT going to stop whatever is going to happen to happen. Studies have shown that more than 80% of what we worry about never even happens. Think of all the time, energy and life's happiness you are wasting and not allowing yourself the opportunity to experience. If we could practice becoming aware of our thoughts and physical reactions and consciously choosing to shift to the present moment, think of all the hardship and stress we could say ourselves and those around us.

## SOME WAYS TO MANAGE STRESS

- Focus on good time management - plan as much as you can, anticipate and prepare for changes in your schedule, know when good enough is good enough, "time chunk" your to-do list.
- Learn to say "no" when necessary and without having to explain - unless, of course, it's your boss :-). Set boundaries for yourself and keep them...you are entitled to that!
- Meditate and practice breathing exercises. Even taking 3 deep, conscious breaths can reset your nervous system, calming you down so you can think more clearly.
- Practice shifting your thoughts to the present by using your sensory perception: sight, sound, taste, feel and smell.
- Connect to nature, even if it's freezing cold outside. A blast of cold whether air, hands in ice water or splashing your face with cold water, will jolt you back to the present moment.
- Take time for self-care. Exercise, eat nourishing foods, engage in hobbies, connect with others... all help to lower cortisol, the stress hormone.
- De-clutter your work and/or home. Set yourself up for success by having a clean and clear path to get there!