

Stress Management 101

The following information is taken from an article posted on the Teens Health website. For more information and to access the breathing exercise (audio file), visit their website at:

http://kidshealth.org/teen/your_mind/emotions/stress.html

Feeling like there are too many pressures and demands on you? Losing sleep worrying about tests and schoolwork? Eating on the run because your schedule is just too busy? You're not alone. Everyone experiences stress at times, but there are things you can do to minimize stress and manage the stress that's unavoidable.

What Is Stress?

Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

The events that provoke stress are called **stressors**, and they cover a whole range of situations everything from outright physical danger to making a class presentation or taking a semester's worth of your toughest subject.

The human body responds to stressors by activating the nervous system and specific hormones. The **hypothalamus** signals the **adrenal glands** to produce more of the hormones adrenaline and cortisol and release them into the bloodstream. These hormones speed up heart rate, breathing rate, blood pressure, and metabolism. Blood vessels open wider to let more blood flow to large muscle groups, putting our muscles on alert. Pupils dilate to improve vision. The liver releases some of its stored glucose to increase the body's energy. And sweat is produced to cool the body. All of these physical changes prepare a person to react quickly and effectively to handle the pressure of the moment.

This natural reaction is known as the **stress response**. Working properly, the body's stress response enhances a person's ability to perform well under pressure. But the stress response can also cause problems when it overreacts or fails to turn off and reset itself properly.

Good Stress and Bad Stress

The stress response (also called the **fight or flight response**) is critical during emergency situations, such as when a driver has to slam on the brakes to avoid an accident. It can also be activated in a milder form at a time when the pressure is real but there's no actual danger - like stepping up to take the fourth shot that could win the game, getting ready to go to a big dance, or sitting down for a final exam. A little of this stress can help keep you on your toes, ready to rise to a challenge. And the nervous system quickly returns to its normal state, standing by to respond again when needed.

But stress doesn't always happen in response to things that are immediate or that are over quickly. Ongoing or long-term events, like coping with a divorce or moving to a new neighborhood or school, can cause stress, too. Long-term stressful situations can produce a lasting, low-level stress that's hard on people. The nervous system senses continued pressure and may remain slightly activated and continue to pump out extra stress hormones over an extended period. This can wear out the body's reserves, leave a person feeling depleted or overwhelmed, weaken the body's immune system, and cause other problems.

What Causes Stress Overload?

Although just enough stress can be a good thing, stress overload is a different story - too much stress isn't good for anyone. For example, feeling a little stress about a test that's coming up can motivate you to study hard. But stressing out too much over the test can make it hard to concentrate on the material you need to learn. Pressures that are too intense or last too long, or troubles that are shouldered alone, can cause people to feel stress overload. Here are some of the things that can overwhelm the body's ability to cope if they continue for a long time:

- Being bullied or exposed to violence or injury
- Relationship stress, family conflicts, or the heavy emotions that can accompany a broken heart or the death of a loved one
- Ongoing problems with schoolwork related to a learning disability or other problems, such as ADHD (usually once the problem is recognized and the person is given the right learning support the stress disappears)
- Crammed schedules, not having enough time to rest and relax, and always being on the go

Some stressful situations can be extreme and may require special attention and care. Posttraumatic stress disorder is a very strong stress reaction that can develop in people who have lived through an extremely traumatic event, such as a serious car accident, a natural disaster like an earthquake, or an assault like rape. Some people have anxiety problems that can cause them to overreact to stress, making even small difficulties seem like crises. If a person frequently feels tense, upset, worried, or stressed, it may be a sign of anxiety. Anxiety problems usually need attention, and many people turn to professional counselors for help in overcoming them.

Signs of Stress Overload

People who are experiencing stress overload may notice some of the following signs:

- Anxiety or panic attacks
- A feeling of being constantly pressured, hassled, and hurried
- Irritability, moodiness
- Physical symptoms, such as stomach problems, headaches, or even chest pain
- Allergic reactions, such as eczema or asthma
- Problems sleeping
- Drinking too much, smoking, overeating, or doing drugs
- Sadness or depression

Everyone experiences stress a little differently. Some people become angry and act out their stress or take it out on others. Some people internalize it and develop eating disorders or substance abuse problems. And some people who have a chronic illness may find that the symptoms of their illness flare up under an overload of stress.

Keep Stress Under Control

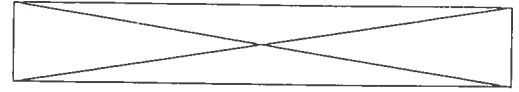
What can you do to deal with stress overload or, better yet, to avoid it in the first place? The most helpful method of dealing with stress is learning how to manage the stress that comes along with any new challenge, good or bad. Stress-management skills work best when they're used regularly, not just when the pressure's on. Knowing how to "de-stress" and doing it when things are relatively calm can help you get through challenging circumstances that may arise. Here are some things that can help keep stress under control.

Take a stand against overscheduling. If you're feeling stretched, consider cutting out an activity or two, opting for just the ones that are most important to you.

Be realistic. Don't try to be perfect - no one is. Expecting others to be perfect can add to your stress level, too (not to mention put a lot of pressure on them!). If you need help on something, like schoolwork, ask for it.

Get a good night's sleep. Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with any negative stressors. Because the biological "sleep clock" shifts during adolescence, many teens prefer staying up a little later at night and sleeping a little later in the morning. But if you stay up late and still need to get up early for school, you may not get all the hours of sleep you need.

Learn to relax. The body's natural antidote to stress is called the **relaxation response**. It's your body's opposite of stress, and it creates a sense of well-being and calm. The chemical benefits of the relaxation response can be activated simply by relaxing. You can help trigger the relaxation response by learning simple breathing exercises and then using them when you're caught up in stressful situations. And ensure you stay relaxed by building time into your schedule for activities that are calming and pleasurable: reading a good book or making time for a hobby, spending time with your pet, or just taking a relaxing bath.



Treat your body well. Experts agree that getting regular exercise helps people manage stress. (Excessive or **compulsive** exercise can contribute to stress, though, so as in all things, use moderation.) And eat well to help your body get the right fuel to function at its best. It's easy when you're stressed out to eat on the run or eat junk food or fast food. But under stressful conditions, the body needs its vitamins and minerals more than ever. Some people may turn to substance abuse as a way to ease tension. Although alcohol or drugs may seem to lift the stress temporarily, relying on them to cope with stress actually promotes more stress because it wears down the body's ability to bounce back.

Watch what you're thinking. Your outlook, attitude, and thoughts influence the way you see things. Is your cup half full or half empty? A healthy dose of optimism can help you make the best of stressful circumstances. Even if you're out of practice, or tend to be a bit of a pessimist, everyone can learn to think more optimistically and reap the benefits.

Solve the little problems. Learning to solve everyday problems can give you a sense of control. But avoiding them can leave you feeling like you have little control and that just adds to stress. Develop skills to calmly look at a problem, figure out options, and take some action toward a solution. Feeling capable of solving little problems builds the inner confidence to move on to life's bigger ones - and it can serve you well in times of stress.

Build Your Resilience

Ever notice that certain people seem to adapt quickly to stressful circumstances and take things in stride? They're cool under pressure and able to handle problems as they come up. Researchers have identified the qualities that make some people seem naturally resilient even when faced with high levels of stress. If you want to build your resilience, work on developing these attitudes and behaviors:

- Think of change as a challenging and normal part of life.
- See setbacks and problems as temporary and solvable.
- Believe that you will succeed if you keep working toward your goals.
- Take action to solve problems that crop up.
- Build strong relationships and keep commitments to family and friends.
- Have a support system and ask for help.
- Participate regularly in activities for relaxation and fun.

Learn to think of challenges as opportunities and stressors as temporary problems, not disasters. Practice solving problems and asking others for help and guidance rather than complaining and letting stress build. Make goals and keep track of your progress. Make time for relaxation. Be optimistic. Believe in yourself. Be sure to breathe. And let a little stress motivate you into positive action to reach your goals.

Relaxation techniques: Learn ways to calm your stress

By [Mayo Clinic staff](#)

Original Article: <http://www.mayoclinic.com/health/relaxation-technique/SR00007>

Relaxation techniques can reduce negative responses to stress and help you enjoy a better quality of life. Explore relaxation techniques you can do on your own.

Relaxation techniques are a great way to help your quest for stress management. Relaxation isn't just about peace of mind or enjoying a hobby. Relaxation is a process that decreases the wear and tear of life's challenges on your mind and body.

Whether you have a lot of stress in your life or you've got it under control, you can benefit from learning relaxation techniques. Learning basic relaxation techniques isn't hard. Explore these simple relaxation techniques to get you started on de-stressing your life and improving your health.

The benefits of relaxation techniques

With so many things to do, relaxation techniques may take a back seat in your life. But that means you may miss out on the health benefits of relaxation.

Practicing relaxation techniques can improve how you physically respond to stress by:

- Slowing your heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Reducing the need for oxygen
- Increasing blood flow to major muscles
- Reducing muscle tension

You may also gain these overall health and lifestyle benefits from relaxation techniques:

- Fewer physical symptoms, such as headaches and back pain
- Fewer emotional responses, such as anger and frustration
- More energy
- Improved concentration
- Greater ability to handle problems
- More efficiency in daily activities

Types of relaxation techniques

Although health professionals such as complementary and alternative medicine practitioners, doctors and psychotherapists can teach relaxation techniques, you can also learn some on your own. Relaxation techniques usually involve refocusing your attention to something calming and increasing awareness of your body. It doesn't matter which technique you choose. What matters is that you try to practice relaxation regularly.

There are several main types of relaxation techniques, including:

- **Autogenic relaxation.** Autogenic means something that comes from within you. In this technique, you use both visual imagery and body awareness to reduce stress. You repeat words or suggestions in your mind to help you relax and reduce muscle tension. You may imagine a peaceful place and then focus on controlled, relaxing breathing, slowing your heart rate, or different physical sensations, such as relaxing each arm or leg one by one.
- **Progressive muscle relaxation.** In this technique, you focus on slowly tensing and then relaxing each muscle group. This helps you focus on the difference between muscle tension and relaxation, and you become more aware of physical sensations. You may choose to start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. Tense your muscles for at least five seconds and then relax for 30 seconds, and repeat.
- **Visualization.** In this technique, you form mental images to take a visual journey to a peaceful, calming place or situation. Try to use as many senses as you can, including smells, sights, sounds and textures. If you imagine relaxing at the ocean, for instance, think about the warmth of the sun, the sound of crashing waves, the feel of the grains of sand and the smell of salt water. You may want to close your eyes, sit in a quiet spot and loosen any tight clothing.

Other relaxation techniques include those you may be more familiar with, such as:

- Yoga
- Tai chi
- Music
- Exercise
- Meditation
- Hypnosis
- Massage

Relaxation techniques take practice

As you learn relaxation techniques, you'll become more aware of muscle tension and other physical sensations of stress. Once you know what the stress response feels like, you can make a conscious effort to practice a relaxation technique the moment your muscles start to tense. This can prevent stress from spiraling out of control.

Remember that relaxation techniques are skills. And as with any skill, your ability to relax improves with practice. Be patient with yourself. Stay motivated to reduce the negative impact of stress on your body and to experience a greater sense of calm in your life.

And bear in mind that some people, especially those with significant psychological problems and a history of abuse, may experience feelings of emotional discomfort during relaxation exercises. Although this is rare, if you experience emotional discomfort during relaxation exercises, stop what you're doing and consider talking to your health care professional.

For more information, visit: www.mayoclinic.com, www.mindtools.com

