

STRESS

Identification & Management



WHAT IS STRESS?

The body's response or reaction to any demand or change, whether it is positive or negative



Biological

Your body reacts to stress:

- Muscle tension
- Appetite change
- Irritability



Psychological

Your mind reacts to stress:

- Difficulty concentrating
- Worry
- Anxiety
- Insomnia



Social

Relationships & the environment influence your response:

- Can be positive or negative

- » Keep a healthy diet
- » Get enough sleep
- » Exercise

- » Manage your time well
- » Positive thinking
- » Address root causes of stress



- « Meditate on Scriptures
- « Prayer
- « Deep breathing

- « Seek faith community support
- « Seek professional help
- « Connect with family and friends

References:

1. Cleveland Clinic. (2024, May 15). *What Is Stress?* Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/11874-stress>
2. Marksberry, K. (2011). *What is Stress?* - The American Institute of Stress. The American Institute of Stress. <https://www.stress.org/what-is-stress/>