

MANAGING YOUR RELATIONSHIP WITH

STRESS

There's no way around it. Stress is part of our lives and it's not going away. Research shows that we need a certain amount of stress to motivate us to learn, grow and perform at our best. Yet, too much stress has been proven to be harmful to your health and well-being. Here are ways to help you oscillate between stress and recovery.

We all react to stress differently

Stress is a state of mental or emotional strain resulting from demanding circumstances. But many of our daily stressors can be negative influences that trigger our body's natural "fight or flight" response. When we learn to recognize stress, we can start to reframe our relationship to it and learn recovery strategies to be resilient.



According to various research, chronic stress has been linked to significant health concerns, including heart disease, obesity, depression, and digestive issues. Reducing your stress is one way to protect your health.

STRESS FOR SUCCESS

Sometimes stress is a positive force, motivating you to perform well or accomplish something new. Here are 3 simple steps to turn stress to your advantage:

SEE IT

Accept it or change it

Recognize you're feeling anxious and name the source. Ignoring stress doesn't resolve it. Acknowledging it helps you hit pause on your gut reaction and choose a more intentional response.



OWN IT

Scan for the good

Connect the stress to your values. We tend to stress more, and more intensely, about things we care about. Owning stress helps you channel it and direct your energy toward achieving your goals or overcoming meaningful challenges.



USE IT

Choose your mindset

Seeing stress as a challenge you've accepted in order to reach a higher goal may help you feel more in control over the situation. When you get good at reframing stress as a challenge, you get better at saying, "I'm up for it. I can manage this."



"The body's stress response was not designed to kill us. In fact, the evolutionary goal of the stress response was to help boost the body and mind into enhanced functioning, to help us grow and meet the demands we face."

—Harvard Business Review

Source: <https://hbr.org/2015/09/stress-can-be-a-good-thing-if-you-know-how-to-use-it>

STRESS-RECOVERY CYCLE

Too much stress, for too long, can be damaging to our health and well-being. When you can properly manage your stress and recovery cycle, you'll likely be a stronger, more resilient person—better able to respond to, and bounce back from, adversity.



MINDFULNESS

Mindfulness hones our skills for being self-aware when we're experiencing stress. It also helps us become more intentional and less reactive, as well as expanding our ability to focus.



DON'T FLY OFF THE HANDLE: Mindfulness builds your ability to pause before reaction, allowing you to see and choose your thoughts, then shift your response with more considered words and actions.

Note
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About Empowered Well-being
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