MANAGING YOUR RELATIONSHIP WITH STRESS

We all react to stress differently. Some people are more sensitive to it than others due to the body's response. The body's stress response is a complex process that involves the brain, hormones, and the immune system. When you experience stress, your body reacts as if you were in a dangerous situation. This is a natural response that helps you prepare to deal with stressors.

STRESS FOR SUCCESS

The activities referenced here are in no way a substitute for professional medical advice or treatment for issues and consult your physician before starting a new fitness regimen.

USE IT

The next time you're stressed, take a moment to do something that helps you relax. You might choose to take a walk, listen to music, or practice deep breathing. This will help you manage your stress and improve your overall well-being.

OWN IT

Connect the stress to your values. We tend to make good decisions when we're focused on what matters most to us. Think about what is most important to you and how you can incorporate it into your daily life.

SEE IT

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:

1. Scan for the good
2. Accept it or change it
3. Connect the stress to your values

MINDFULNESS

Mindfulness builds your ability to pause before reaction and choose a more intentional response.

Mindfulness practice has been shown to improve physical health, mental health, and overall well-being. It can help you reduce stress and improve your quality of life.

RECHARGE

There's no way around it. Stress is part of our lives and it's not going away. Research shows that there are positive impacts to stress, and can boost your mood.

Sweat it out:

A regular exercise program can help you manage stress and improve your overall health.

Gratitude:

A regular “DOSE” of the brain chemicals can keep us upbeat.

REST

Why sleep is important:

De-stress by getting a good night’s sleep.

Sleep better:

Use stress to make good events or even just being happy can boost your mood.

Drinking water:

Replenish your physical, mental, and emotional energy.

Yoga:

An activity that helps you become more intentional and less reactive, as well as expanding our ability to focus.

CAREER & FINANCE

About Empowered Well-being

A holistic approach that gives our people the support and flexibility to make daily choices that can enable them to be more productive, engaged, and fulfilled.

GROWTH

Rehearsing positive expectations can help prepare you for success.

THE QUALITY

of work can suffer from mental health issues and smiling more can help prepare you for success.

INTERNET

Take micro-breaks:

Connectivity can be a challenge, but there are ways to improve your focus.

ONLINE

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DITTE

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At Deloitte, we help our clients improve their performance and create shareholder value. We draw on our deep industry knowledge, global scale, and multidisciplinary competence to help our clients improve their performance and create shareholder value.

DONT BE HANGRY!

Don’t be hangry: You’ve heard the saying “You are what you eat.” So if you’re feeling stressed, eat nutritious foods that will help you stay focused and energized.

Meditation has been scientifically proven to help reduce stress, regulate emotions, and help build resilience.

Mindfulness builds your ability to pause before reaction, allowing you to see and choose your thoughts, then shift your response with more intention.

THANKYOU!

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