

COMPLETING THE Stress Cycle

When it comes to dealing with stress, all living creatures have something in common. We all need to complete our stress cycles by burning extra energy.

Find the Stressor

EXTERNAL

- ▶ School
- ▶ Relationships
- ▶ Work
- ▶ Finances

INTERNAL

- ▶ Memories
- ▶ Identity
- ▶ Thoughts of the future

Our Stress Response

- ▶ Quicker breathing
- ▶ Faster heart-rate
- ▶ Increased blood-flow
- ▶ Tensed muscles
- ▶ Slower cognition

Deal With the Stressor

IF IT'S IN MY CONTROL

- ▶ Analyze the problem
- ▶ Plan based on analysis
- ▶ Implement plan

IF I'M NOT IN CONTROL

- ▶ Acknowledge the challenge
- ▶ Reframe the challenge as a growth opportunity

Complete the Stress Cycle

- ▶ Intentional breathing
- ▶ Nature walks
- ▶ Physical activity
- ▶ Consensual affection
- ▶ Crying
- ▶ Creative expression
- ▶ Social interaction
- ▶ Laughter

