

Arkansas Center for Exceptional Families: Webinar Series Managing Stress

Stress is brought on by many different situations. It is important to understand your different responsibilities or life roles. Life roles are those positions we hold such as being a:

Parent/caregiver
Employee
Friends

Spouse/Partner
Daughter/Son/Child
Mentor

It is important to prioritize these life roles. It is also critical to understand that our life role priorities change consistently based on the space we hold at any given time. Being present in that space and in that moment, is important.

It is important to understand the signs and symptom related to stress so that we can make necessary life changes. These signs and symptoms include but are not limited to experiencing:

Mood swings
Diarrhea/gastrointestinal disturbances
Headaches
Rapid heart rate
Muscle tension
Low energy
Anxiety/feeling anxious
Sleep difficulties

Cold hands and feet
Changes in eating and drinking habits
Irritability
Nausea
Muscle tension
Chronic fatigue
Feeling hopeless

Here are a few ways to concentrate and calm your mind when during stressful situations

Give yourself permission to:

Lower your expectations: Accept your efforts
Practice self-compassion: Be kind to yourself
Find a “my” space
Set boundaries
Cry

Maintaining Wellbeing

Eating healthy...less processed foods
Getting enough sleep
Make time for fun and entertainment
Reach out to your friends

- Being grateful

Be grateful
Tap into your spirituality
Exercise (great youtube videos)
Remember to breathe

- Find your spiritual platform
- Being mindful...slow it down