

Stress Management

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Identifying Stressors

Stress management begins with identifying the sources of your stress and recognizing the role you play in creating or maintaining your stress level. Perhaps you're always running late because you're not managing your time well, or you procrastinate when it comes to unpleasant tasks. Maybe you find it hard to say "no" and end up feeling overworked and underappreciated. Once you accept responsibility for your own stress-inducing behavior, you can begin to feel more in control.

Reduce the Stress We Can Control

Some stressors are beyond your control, including many of the demands that are inherent to the practice of social work. There are no quick fixes for clients with complicated emotional issues and for inequalities in social justice, health care and education. This is even more reason to reduce the stress you can control.

Stress Relief and Management tips

Identifying Stressors

Reduce the Stress We Can Control

Develop Effective Strategies

Recognize your limits and learn when to say no. Instead of putting off tasks you don't like, get them out of the way as soon as possible and move on to something more satisfying or enjoyable.

Develop Effective Strategies

- **Exercise-** Besides improving your fitness level and stamina, exercise has the added benefit of releasing feel-good endorphins.
- **Spend time with your pets-** The unconditional devotion of animals can help put a bad day in perspective.
- **Explore your creativity-** Purchase some inexpensive art or craft supplies and enjoy a little creative self-expression.
- **Get a good night's sleep-** You'll be better prepared for the next day if you're thoroughly rested.
- **Don't sweat the small stuff-** Instead of trying to do everything perfectly, take the long view and save your energy for the things that really matter.