**Betraval** 

Disappointments

Competiti

**New School** 

**New Job** 





**Divorce** 



**Abandonment** 



**Deadlines** 



Death



## BEHAVIORAL

Crying, Drugs or Alcohol Abuse, Smoking, Eating Disorders, Impulsiveness, Accident Prone

## **IMPACTS OF STRESS**

## MENTAL

Preoccupied, Irritable, Scared, Moody, Anxious, Forgetful, Worried, Fearful, Has Low Self-Esteem and Concentration

## **PHYSICAL**

Perspiration, Trembling Heart Rate, Indigestion, Tired, Headaches, Sleeping Problems, Backaches, Illness



Losing a Job



**Incarceration** 



People Conflicts



**Noise** 



New Lifestyle



Financial Problems



Marriage



Poor Environment



Manipulation

Stress has ① a source, and ② an effect. For example, if a poor personal relationship causes stress, one can ② address the source (the relationship problem itself), ② manage the effects of the stress, or ③ both.

In some circumstances, the cause of stress cannot be controlled (e.g. the death of a loved one) so stress management is the only alternative. These techniques include imagery, meditation, music, physical relaxation, and yoga.

Physical exercise is an outstanding stress-reduction technique. It not only reduces stress, but also relaxes muscles, improves sleep, improves blood flow, flushes out toxins, and releases endorphins, chemicals that bring feelings of happiness and a sense of well-being. Always talk to your doctor prior to starting an exercise program. ©2019 Core IQ. All rights reserved.

