

Stress Management Techniques

- Make a list of activities you consider relaxing and try to incorporate at least one of these into your daily routine.

Relaxing activities list:

Examples: go for a walk, meet with friends, listen to music, take a bath, give yourself a facial, write down some positive quotes...

- Try some relaxation techniques like deep breathing, meditation, progressive muscle relaxation, and guided imagery. There are lots of CDs around!
- Schedule some downtime into each day and be realistic about how much time you schedule.
- Create balance and harmony in your life.
- Understand yourself and recognise the symptoms of stress, so you can learn to manage it better.
- Listen to the warning signs of too much stress. Make a list of the warning signs of stress.



My Warning Signs:

- Aerobic exercise can significantly reduce anxiety. Get active every day! 😊
- Good nutrition (a well-balanced diet) will improve your ability to appropriately respond to stress.
- Sleep is a HUGE factor – ensure your sleep is restful and adequate.
- Reduce coffee and caffeine intake. ~ 2 cups per day.
- Initiate time management and prioritise your time and stick to your schedule where possible.
- Break huge tasks into small manageable tasks.
- Be realistic about your goals and work towards them.
- Take action when stress arrives; do something about it.
- Articulate your needs and desires, both to yourself and others.
- Acknowledge your thoughts and feelings towards stress and take control of your thoughts.
- Don't spend too much time around highly anxious or stressful people.
- Be kind to yourself! 😊

Counselling Notes: Stress Management Techniques

Description: This worksheet is designed to give the client some useful and practical techniques they can use to manage their stress levels.

Ages: 15 years +

Ideas for use:

- Try and get the client to come up with a large list of activities they find relaxing.
- It is important also for the client to identify the warning signs. If they are able to identify warning signs, then ask them to have a strategy to deal with them.
- Encourage the client to try out new stress management techniques e.g. to try a new sport, enrol in a yoga class or do some meditation.

Possible Counselling questions:

- Describe why you find certain activities relaxing.
- How can you find a balance between relaxation and work, study and other commitments?
- How can you break big tasks into smaller tasks?
- What aspects of your diet could you improve?
- How can you plan for more sleep each night?

Other worksheets to explore in this series:

- Stress Management
- Ways of Coping
- The Monkey Brain
- Relaxation