

HOW TO QUICKLY RELIEVE STRESS



First, you need to recognize if you are stressed - Evaluate what or who is causing the stress. Listen to the way your body feels and recognize any feelings of discomfort. Place one hand on your belly, the other on your chest. Watch your hands rise and fall with each breath. Notice when you breathe fully or when you “forget” to breathe.

Second, identify your stress response - People respond to stress in different ways.

- If you tend to become angry, agitated, overly emotional, or keyed up under stress, you will respond best to stress relief activities that quiet you down.
- If you tend to become depressed, withdrawn, or spaced out under stress, you will respond best to stress relief activities that are stimulating and energizing.

Finally, bring your senses into focus - Identify the sensory experiences that work best for you. Use sight, smell, touch, movement, and/or sounds to ground yourself.

RESOURCES

Headspace - guided meditations, animations, articles and videos geared toward improving the health and happiness of the world.

Calm - helps users sleep better, boost confidence, and reduce stress and anxiety, all with the help of guided meditations, soothing music, and bedtime stories.

Depression to Expression - YouTube channel geared toward taking control of your mental health.

Insight Timer - a variety of guided meditations, with a tracker that allows you to chart your progress and earn badges.

Aura - daily meditations, life coaching, nature sounds, and music, which are all personalized based on the mood you select when you open the app.

YogaGlo - a large variety of guided meditations and workouts that are customizable based on length, teacher, and/or fitness level.

HelpGuide.org - start improving your mental health and wellness with helpful guides ranging from mindfulness, meditation, stress management, and much more.

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EMOTIONAL INTELLIGENCE WORKSHEET

RELATIONSHIP MANAGEMENT ACTIVITY

In this activity, for each of the blue circles, write the names of important people in your life. Then, think about what you know about that person. List two traits, hobbies, or features related to the person in the designated boxes. For example: Tim Smith 1) Runs marathons 2) Tells funny jokes.

Name: _____		Name: _____	
	1. 2.		1. 2.

If you had trouble listing something about the people in your life, you may want to pay more attention to those around you. Learning something unique or personal about the individuals in your life can help you maintain caring and positive relationships.

SELF-AWARENESS ACTIVITY

Before you can make changes in yourself, you have to know what there is to work with. Becoming self-aware is about the process of understanding yourself. Choose three strengths for yourself, and three you would like to improve on.

STRENGTHS:

1. _____

2. _____

3. _____

WOULD LIKE TO IMPROVE:

1. _____

2. _____

3. _____

SELF-MANAGEMENT ACTIVITY

Self-management builds on the basis of self-awareness and is the ability to control your emotions so that they do not control you. Anger is a normal and healthy response to have in certain situations. Understanding your anger and how to manage it is important in maintaining relationships and self-control.

For this activity, think of a time when you were angry and how you handled it. Describe your reaction and behaviors in the lines provided below.

Think about how you would like to process anger in the future. Describe healthy management skills and behaviors and write them in the lines provided below

SOCIAL AWARENESS ACTIVITY

Social awareness is the ability to accurately read situations and people. An important part of social awareness is the ability to empathize with the people around you. This activity will exercise your ability to read others' emotions. Label the pictures with the emotion you think is being portrayed. Pictures may have multiple answers.



4-7-8 BREATHING

Breath Technique



FOUR

Exhale completely.
Breathe in through
your nose for 4
seconds.

SEVEN

Hold the breath for
7 seconds.

EIGHT

Exhale for 8
seconds. Repeat
cycle 1-3 times*

*If you lose count, start from the beginning

EFFECTS OF DEEP BREATHING

Deep breathing can relieve headaches, back aches, stomach aches, and sleeplessness. It allows blood pressure to return to normal. Use deep breathing anytime, anywhere.



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Fight Stress with Healthy Habits



1. **Slow down:** Plan ahead and allow enough time to get the most important things done without having to rush.
2. **Snooze more:** Try to get six to eight hours of sleep each night. To fight insomnia, add mindfulness and activity.
3. **Let worry go:** The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.
4. **Laugh it up:** Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.
5. **Get connected:** A daily dose of friendship is great medicine. Make time to call friends and family so you can catch up.
6. **Get organized:** Use "to do" lists to help you focus on your most important tasks, and take big projects one step at a time.
7. **Practice giving back:** Volunteer your time or spend time helping out a friend. Helping others helps you.
8. **Be active every day:** Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.
9. **Give up bad habits:** Too much alcohol, tobacco, or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.
10. **Lean into things you can change:** Make time to learn a new skill, work towards a goal, or to love and help others.



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