Stress is a condition or feeling experienced when one perceives that “demands exceed the personal and social resources the individual is able to mobilize.”

Stress, positive or negative, is unavoidable in our lives. It is important to learn how to manage our stress. Stress management begins with identifying stressors (people, tasks, situations) and recognizing how stress affects our body, emotions and behaviors.

Here are some ways to manage stress taken from http://www.helpguide.org/mental/stress_management_relief_coping.htm

- Set aside time to unwind and recharge your energy level.
- Connect with others and seek support.
- Do something that gives you joy and pleasure every day.
- Laugh! Keep your sense of humor.

Healthy Stress Busters:

- Go for a walk
- Call a good friend
- Write in your journal
- Light scented candles
- Play with a pet
- Get a massage
- Listen to music
- Spend time in nature
- Sweat out tension with a good workout
- Take a long bath
- Savor a warm cup of coffee or tea
- Work in your garden
- Curl up with a good book
- Watch a comedy

What are your healthy stress busters?

Additional Resources on stress management
http://www.mindtools.com/pages/main/newMN_TCS.html#coping
http://www.helpguide.org/mental/stress_management_relief_coping.htm

1 http://www.mindtools.com/pages/article/newTCS_00.htm