

# Holistic Resources

## HOW TO MANAGE STRESS IN YOUR LIFE AND AT WORK EFFECTIVELY

### 4. WHEN YOU CAN'T CHANGE IT, CHANGE THE WAY YOU SEE IT

One type of stress none of us can avoid is Environmental Stress. Environmental stress is the stress that you can do absolutely nothing about. It is the stress that is caused by your environment. It is the stress that is caused by your environment.

### HOW TO MANAGE STRESS IN YOUR LIFE AND AT WORK EFFECTIVELY

### 3. CHOOSING WHAT TO TACKLE AND WHAT TO RELEASE



## STRESS MANAGEMENT GUIDE



CREATED BY:  
DR KAY

### 2. STRESS AND RELATIONSHIPS: HOW TO NAVIGATE THE TOUGH STUFF

Have you ever been guilty of taking your stress out on someone you love?

### 1. IDENTIFY YOUR STRESSORS: BE SPECIFIC

One way of dealing with stress is the:

#### "Name It, Tame It" Technique

When identifying what stresses you, be as specific as possible. In other words, instead of writing down the word, "work", write down what it is about work that causes you stress.

For example:

- Miscommunication with coworkers
- Feeling overwhelmed to tackle a new project
- Balancing work and the needs of your family

When we specifically name what stresses us we can see that there are other aspects of the broad category that we enjoy, like seeing our favorite co-worker or making a valuable contribution.

When you are specific in naming your stress, you are taking an important first step to taming the stress. Being specific helps you make clearer decisions about what you can do to reduce your stress.

Would you be surprised to discover that stress has been named as an underlying factor in up to 90% of illnesses? Would you be surprised to find that more of the people around you feel stressed pretty much all the time?

One of the best ways to manage stress in your life is to first become aware of exactly what it is that causes you stress, because if you can name the stressor, then you can take the necessary steps to minimize or eliminate it.



# Stress Management Guide Texas

**ML Morrison**



## **Stress Management Guide Texas:**

## Unveiling the Magic of Words: A Overview of "**Stress Management Guide Texas**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Stress Management Guide Texas**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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