

**HEALTHY MIND  
HEALTHY LIFE**



## MANAGEMENT

Techniques on how to deal with stress



#LiveLifeFully



#ChildWellbeingMatters

# INTRODUCTION



In the fast-paced world we live in today, stress has become an inevitable companion on our life's journey. Balancing work, relationships, and personal goals can sometimes feel overwhelming, leaving us yearning for peace and tranquility.

Within the pages of this flip book, you'll discover a holistic approach to stress management. We understand that stress affects every aspect of your life – your mind, body, and spirit. Therefore, our content is designed to provide you with practical, easy-to-implement strategies that cater to your overall well-being.

Our flip book is not just a source of knowledge; it's your personal mentor, guiding you towards a calmer, more centered version of yourself. Each flip of the page will bring you closer to understanding your stress triggers and empower you with the tools to combat them effectively.

## OBJECTIVES

The objectives of stress management programs and techniques are designed to help individuals cope with and reduce the negative effects of stress in various aspects of their lives. The following are the objectives

- Identifying the Source of Stress
- Build Awareness to recognize the symptoms or signs of Stress
- Develop Coping Strategies
- Enhance Emotional Regulation
- Improve Physical and Mental Health
- Improve Interpersonal Relationship
- Promote overall well-being





# STRESS



## WHAT IS STRESS?

World Health Organization Defines Stress as ...

A state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.

Stress can result from a variety of factors, and its causes can vary from person to person. Stress level will differ based on our personality and how we respond to situations. Some people let everything roll off their back. To them, work stresses and life stresses are just minor bumps in the road. Others literally worry themselves sick.



## WHAT ARE THE CAUSES OF STRESS?

### CAUSES OF STRESS IN ADULTS



**Work pressure  
or Job Loss**



**Death of  
Close people**



**Relationship  
Challenges**



**Financial  
worries**

Source:  
<https://www.who.int/en/governance/health/what-is-stress/what-causes-stress>



## CAUSES OF STRESS IN CHILDREN



**Social Pressure  
(Bullying)**



**Studying for  
Exams**



**Parental  
Divorce**

## WAYS TO HELP CHILDREN COPE WITH STRESS

When children are feeling stressed, parents can play an important role in helping them find ways to cope.



1

### SPOT THE TRIGGERS:

Help your child recognize and begin to track the times they felt stressed and look for patterns in how they reacted



2

### RESPOND WITH LOVE

Give your child extra love, time and attention. Monitor if stress is affecting their health, behaviour, thoughts or feelings. Remember to listen to them, speak kindly and reassure them.



3

### BE A ROLE MODEL

Talk to your child about ways you have dealt with stressful situations. By sharing your own experiences, you can inspire your child to find stress-managing habits that work for them.



4

### PROMOTE POSITIVE THINKING

Providing positive reinforcement will foster a sense of understanding and boost their confidence in facing challenging situations.



5

### SUPPORT HEALTHY HABITS

Sleep and eating well are key relievers of stress. Experts recommend 9 to 12 hours of sleep a night for 6- to 12-year-olds. Teens need 8 to 10 hours a night. To protect sleep, limit screen use at night and avoid keeping digital devices in the bedroom.

Encourage your child to go outside, play and spend time with friends. Exercise and activities such as meditation and deep breathing are helpful in relieving stress.

Source:  
<https://www.ashd.org/parenting/mind-healthy/what-to-know-about-stress-comes>





## WHAT ARE THE SYMPTOMS OF STRESS?

### SYMPTOMS OF STRESS

#### Physical Symptoms

1. **Headaches:** Tension headaches or migraines.
2. **Muscle Tension:** Especially in the neck, shoulders, or back.
3. **Fatigue:** Feeling tired, even after a full night's sleep.
4. **Insomnia:** Difficulty falling asleep or staying asleep.
5. **Stomach Issues:** Digestive problems, stomachaches, or nausea.
6. **Weakened Immune System:** Frequent colds or infections.
7. **Shortness of Breath:** Shallow breathing or feeling breathless.
8. **High Blood Pressure:** Stress can contribute to elevated blood pressure.
9. **Heart Problems:** Increased risk of heart disease and related issues.
10. **Weight Changes:** Significant weight gain or loss due to changes in appetite.

#### Emotional or Behavioural Symptoms

1. **Irritability:** Easily agitated or frustrated.
2. **Anxiety:** Excessive worrying, restlessness, or a feeling of impending doom.
3. **Depression:** Feeling sad, hopeless, or unmotivated.
4. **Mood Swings:** Sudden, intense emotional shifts.
5. **Cognitive Issues:** Difficulty concentrating, forgetfulness, or indecisiveness.
6. **Changes in Sleeping Patterns:** Insomnia, nightmares, or restless sleep.
7. **Isolation:** Withdrawing from social activities or avoiding others.
8. **Increased Substance Use:** Reliance on alcohol, drugs, or tobacco.
9. **Nervous Habits:** Nail biting, pacing, or fidgeting.
10. **Emotional Outbursts:** Crying spells or angry outbursts.



## COGNITIVE SYMPTOMS

1. **Racing Thoughts:** Constant worrying or racing thoughts.
2. **Memory Problems:** Difficulty in recalling details or making decisions.
3. **Negative Thinking:** Persistent negative outlook or self-criticism.
4. **Inability to Focus:** Finding it hard to concentrate on tasks.



## SOCIAL SYMPTOMS

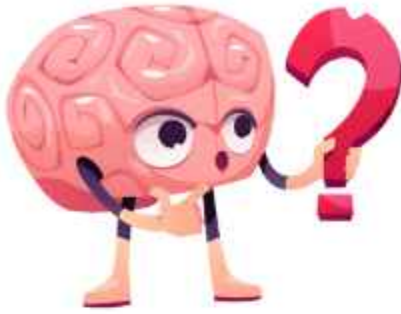
1. **Conflict in Relationships:** Increased arguments or misunderstandings with others.
2. **Isolation:** Avoiding social interactions and withdrawing from friends and family.
3. **Decreased Work Performance:** Difficulty in completing tasks, missing deadlines, or reduced productivity.



In conclusion, recognizing and understanding the symptoms of stress is crucial for promoting overall well-being. From physical manifestations such as headaches and fatigue to emotional indicators like irritability and anxiety, being attuned to these signs allows for early intervention and effective stress management. By acknowledging and addressing these symptoms, individuals can proactively take steps towards maintaining a healthy balance in their lives, fostering resilience, and ultimately enhancing their mental and physical health.

Reference:  
mayachin.org  
nmb.nhs.uk

## STRESS MANAGEMENT



### WHAT IS STRESS MANAGEMENT ?

Stress management refers to a set of techniques and strategies aimed at controlling and reducing the level of stress experienced by an individual. The goal of stress management is not to eliminate stress entirely, which is often impossible in our complex lives, but to equip individuals with the skills to cope with stress effectively and minimize its negative impact on their physical, emotional, and mental well-being.

Effective stress management involves understanding the sources of stress in one's life, recognizing how stress manifests physically and emotionally, and implementing appropriate coping mechanisms to handle stressful situations. It encompasses a wide range of techniques and practices that help individuals relax, unwind, and regain a sense of balance.



### WHAT ARE THE BENEFITS OF MANAGING STRESS?



Reference:  
[mayoclinic.org](http://mayoclinic.org)  
[nhs.uk/gh](http://nhs.uk/gh)





## HOW TO REDUCE & RELIEVE STRESS?

### 1. Mindfulness & Meditation

Practices that focus on being present in the moment can help individuals manage stress by promoting relaxation and reducing anxiety.



### 2. Physical Activity

Regular exercise can release endorphins, improve mood, and act as a natural stress reliever.



### 3. Deep Breathing and Relaxation Exercises

Techniques such as deep breathing, progressive muscle relaxation, and yoga can help calm the mind and body.



### 4. Healthy Lifestyle Choices

Maintaining a balanced diet, getting adequate sleep, and limiting the consumption of stimulants like caffeine and alcohol can contribute to overall stress reduction.



### 5. Social Support

Talking to friends, family, or a therapist about stressors can provide emotional support and new perspectives on challenging situations.



### 6. Time Management

Effective time management skills can reduce the feeling of being overwhelmed and provide a sense of control over one's life.



### 7. Hobbies and Relaxation Activities

Engaging in hobbies, creative pursuits, or activities that bring joy can provide a healthy outlet for stress and promote a sense of accomplishment.



### 8. Setting Realistic Goals

Breaking tasks into manageable parts and setting achievable goals can reduce the pressure associated with overwhelming responsibilities.

#### Goal Setting

- S**PECIFIC
- M**EASURABLE
- A**CHIEVABLE
- R**EALISTIC
- T**IMELY





## FOUR 'S TO COPE WITH STRESS



**AVOID**  
unnecessary  
stress

**ALTER**  
stressful  
situation

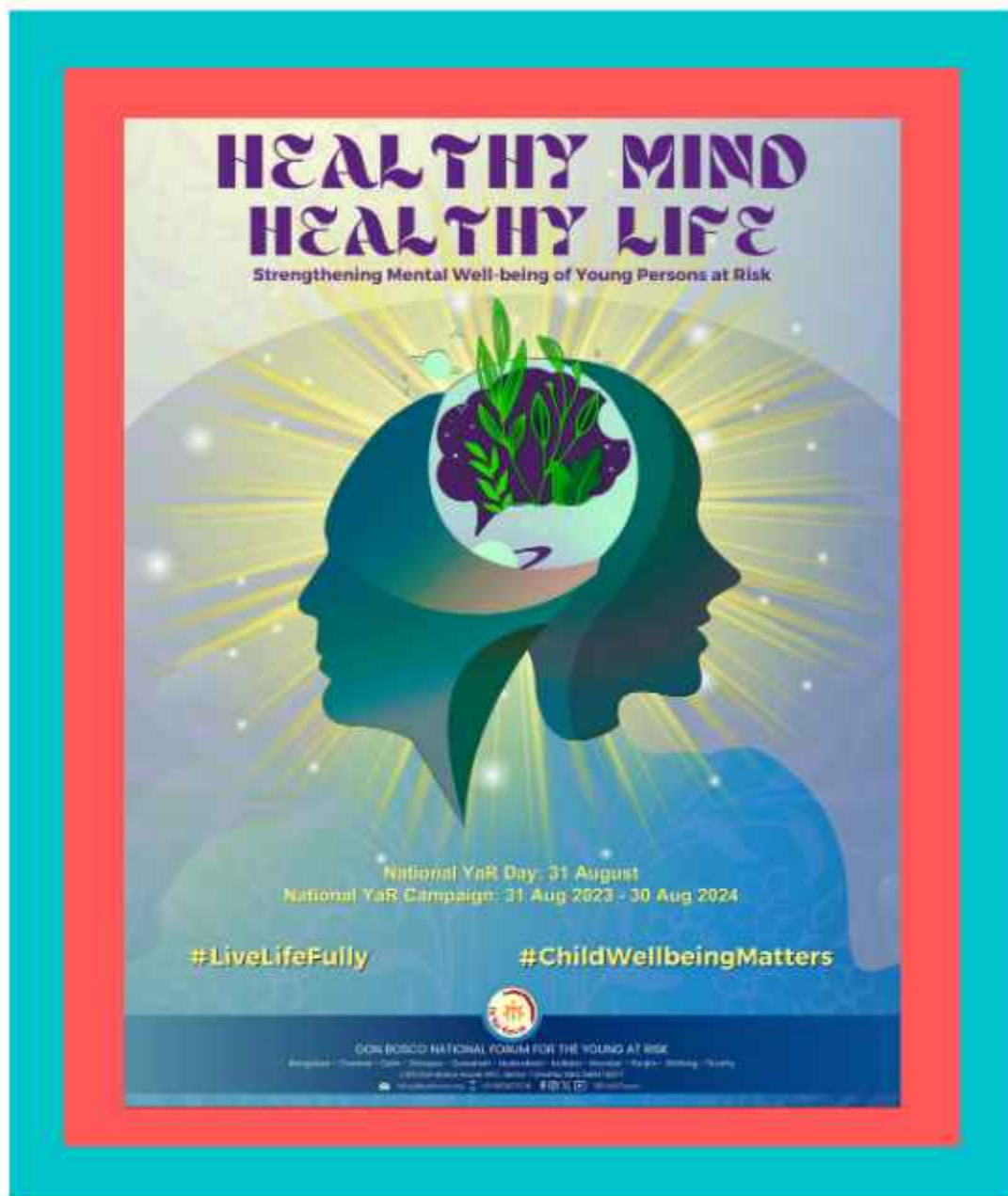
**ADAPT**  
to the  
stressor

**ACCEPT**  
things you  
can't change

## CONCLUSION

Stress management is highly individual, and what works for one person might not work for another. Therefore, it's important for individuals to explore different techniques and identify those that best suit their needs and preferences. By incorporating these practices into their daily lives, individuals can build resilience, improve their overall quality of life, and effectively navigate the challenges presented by stress.





## HOMELINK NETWORK

Homelink Network is an ongoing initiative started by DB YaR Forum in 2002, to ensure appropriate, timely and real-time response to the needs of the young at risk, based on accurate documentation and data analysis supported by the best of technologies available today.

## WE WORK TOWARDS

- Developing data driven child care system through documentation ,research, and networking
- Systematically documenting the systems, processes, and workflow of the organizations
- Data led intervention planning in organizations
- Data driven advocacy and engagement with stakeholders and government on children's issues
- Harnessing current advances in digital technologies in the service of the work with young at risk.

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