

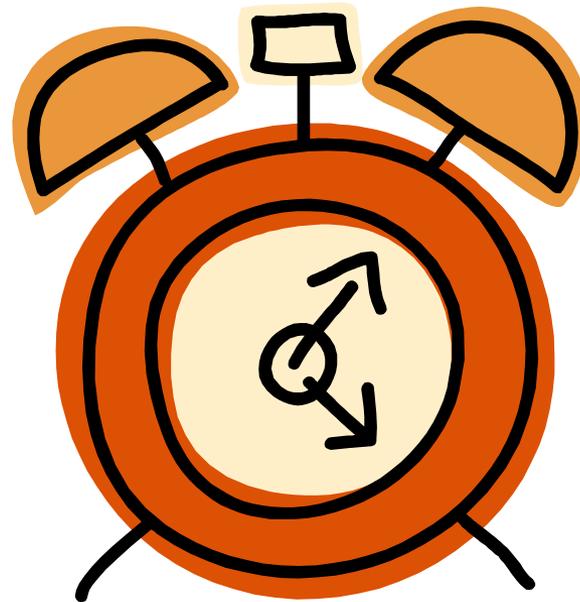
# Stress Management



- What is stress?

Our lives are full of responsibilities, deadlines, commitments, and demands. For many people, stress is so routine that it has become a way of life. Stress isn't always bad. In small amounts, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in crisis mode, your body and mind feels the pressure. You can protect yourself by recognizing the signs and symptoms of stress and taking steps to reduce its harmful effects. The American Heart Association states that "Stress is your body's response to change".

# Stress Management



# Stress Management = Time Management

- Much of our stress can be alleviated if we **managed our time**. Allowing ourselves enough time to complete projects, and everyday commitments will help get rid of some of the stress in our lives. Prioritizing, planning, and making list can help with stress and time management.

# Time Management= Stress Management

- Example
- You have received two “write-ups” for being late. You only live 10 minutes from work and you take the interstate, but it is always backed up between 6:45am and 9:00 am. You have to be at work at 8 am so you get up at 7am and allow yourself an extra 5 minutes because of the traffic and leave at 7:45. *What is wrong with this picture?!!!*

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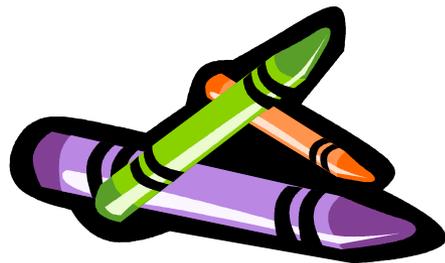
# Time Management = Stress Management

- Example-
- Every morning your 3rd grader gets on “your last nerve” because he can’t find his belt. Uniform requirements state that he must wear a belt and you have had to leave your job to bring him a belt to his school. So every morning you spend your time yelling at him to “Find that belt!” *What is wrong with this picture?!*

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# Activity- Stress Management

- You will need blank drawing paper, crayons, paint, or drawing pencils.
- Draw a picture of what “Stress looks like to you”
- Use specific colors for anger, happiness, sadness
- Do this activity with your children, share your drawing with them and discuss both drawings.
- (Pay attention to child's stressors)



# Woman Work by Maya Angelou

I've got the children to tend  
The clothes to mend  
The floor to mop  
The food to shop  
Then the chicken to fry  
The baby to dry  
I got company to feed  
The garden to weed  
I've got shirts to press  
The tots to dress  
The can to be cut  
I gotta clean up this hut  
Then see about the sick  
And the cotton to pick.  
Shine on me, sunshine  
Rain on me, rain  
Fall softly, dewdrops  
And cool my brow again.

Storm, blow me from here  
With your fiercest wind  
Let me float across the sky  
'Til I can rest again.

Fall gently, snowflakes  
Cover me with white  
Cold icy kisses and  
Let me rest tonight.

Sun, rain, curving sky  
Mountain, oceans, leaf and stone  
Star shine, moon glow  
You're all that I can call my own.