

Success Over Stress: Learning How To Respond to Stress In Your Life

If you have ever wished you had a few good tools to help you through stressful times or relationships, you need to tune in for this insightful and practical session with special guest, Jacque Miller.

Stress is the mobilization of the body's defenses to adapt to life's situations. It is the wear and tear caused by life. It is our reaction to what's going on around us... the body's defenses that respond to dangerous situations. Stress is not always bad. However, it is bad if it is unduly prolonged, comes too often or focuses on one part of the body.

Stress is not the situation. It is not nervous tension or hormones from our adrenal glands.

Two types of stress: distress (bad) and eustress (good)

5 Ways to Manage Stress:

1. Change work or social environment.
2. Understand your emotions.
3. Learn unstress remedies.
4. Take care of your body.
5. Provide for spiritual needs.

SOS to Handle Stress

1. **Start On the Situation**
 - a. Tackle it head-on.
 - b. Change the externals that you can to eliminate stress.
 - c. Establish priorities; prioritize.

2. **Start On Self** – stress never occurs with our cooperation
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 - b. Understand self.
 - c. Better self-care.
 - d. Set limits.
 - e. Face the choices.

f. What could I do to change this? Be specific.

3. Search Out Support

- a. Find a real friend.
- b. Ask for the help you need.

In a conflict situation, talk through these questions...

1. What are your expectations?
2. What are the expectations you have of me?
3. What is the expected outcome if we could get on the same page?

Stress has two parts: the external event and the internal reaction.