

How to Identify Your Stress Triggers and Manage Your Stress for a Happier, Healthier Life

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Behavioral Symptoms caused by stress:

- Negative attitude
- Change in appetite
- Substance abuse

Emotional Symptoms caused by stress:

- Lack of confidence/self esteem
- Lack of patience
- Easily overwhelmed

Cognitive Symptoms caused by stress:

- Inability to focus
- Constant worrying
- Racing thoughts

Physical Symptoms caused by stress:

- Insomnia
- Low energy
- Aches and pains

Deep breathing.

Breathing is going to be your number one key to take back self control. We have to be able to make sound decisions and for that we need to be able to think clearly in the middle of all chaos. Inhale through your nose for four seconds, hold for seven and exhale for eight. This short exercise will help you by slowing your heart rate and lowering your blood pressure allowing you to relax long enough to make a better sound decision.

Ground yourself and be in the moment.

There is enough stress to deal with at the moment and the last thing you should be worrying about is next week's work. Breathe, take in your surroundings, take a walk, understand that the worst thing that happened is not necessarily the end of the world. Remember who you are and what you are capable of.

Reach out.

The worst thing we can do is pretend that we have everything under control and that we can do it all. Although sometimes it may feel that way, we have to learn to trust others to do their part. Talk about the problem. Not only does venting about the problem help you relieve stress it also helps you to come up with a different approach to the problem. Do not be afraid to ask for help or to rely on your team. Be open to other ideas and points of views.

