

# Stress Management

Tips & Tools to help You Conquer the Beast



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# Key Elements to Creating Health

- Healthy Weight
- Healthy Eating
- Healthy Motion
- Healthy Sleep
- Healthy Stress Reduction



# Healthy Stress Reduction

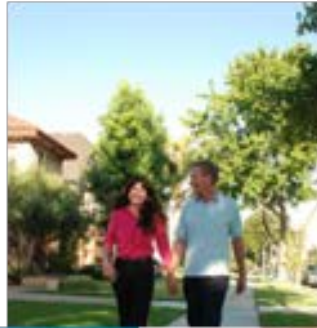
- Your Mind: Has a Direct Physiological Effect on Your Body
- The Way You Think Dictates Your Health Path
- Aware: Inside and Out
- Stop.Challenge.Choose



# **STOP.** **CHALLENGE.** **CHOOSE.**

- **STOP.** Ask yourself if the choice in front of you affects your health
- **CHALLENGE.** Does it move you closer to your goal or farther away?
- **CHOOSE.** to move in the direction of the Healthy Lifestyle you desire

*What does organizing your life around what matters most mean to you?*



# Why is Managing Stress Important?

**STRESS**



# TIP #1: Identify Sources of Stress in your Life

- Look closely at your habits, attitudes and excuses





# TIP #2: Replace unhealthy coping strategies with healthy ones

- If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones





# TIP #3: Practice the 4 A's

- **Avoid** unnecessary stress
- **Alter** the situation
- **Adapt** to the stressor
- **Accept** the things you can't change

# TIP #4: Get Moving



# TIP #5: Connect with Others



# TIP #6: Make Time for Fun and Relaxation

- Set aside leisure time
- Do something you enjoy every day
- Keep your sense of humor



# Develop a “stress relief” Chest



- Go for a walk
- Spend time in nature
- Call a good friend
- Sweat out tension with a workout
- Write in your journal
- Take a long bath
- Light scented candles
- Savor warm cup of coffee or tea
- Play with a pet
- Work in your garden
- Get a massage
- Curl up with a good book
- Listen to music
- Watch a comedy



# TIP #7: Manage your Time Better





# Tip #8 Maintain balance with a Healthy Lifestyle

- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes, and drugs
- Get enough sleep



# Using Fulfillment/Success Continuum



To determine your own score,  
visit [bit.ly/YourWellbeingEvaluation](http://bit.ly/YourWellbeingEvaluation)

*What does organizing your life around  
what matters most mean to you?*



Thank you for being here today!



For further discussion about how I can assist you or your organization:

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# 8 Tips for Managing Stress

1. Identify the sources of stress in your life
2. Replace unhealthy coping strategies with healthy ones
3. Practice the 4 A's
4. Get moving
5. Connect with others
6. Make time for fun and relaxation
7. Manage your time better
8. Maintain balance with a healthy lifestyle



# Sources:

- Dr. A's Habits of Health by Dr. Wayne Andersen
- 3 Steps Toward Creating Optimal Health by Dr. Wayne Andersen
- Stress Management by Lawrence Robbins, Melinda Smith and Robert Segal