



Amila Mirvic

The Basics of Managing Stress

Do you often feel overwhelmed and exhausted? We all deal with stressful situations at times, but *chronic* stress is damaging. Keeping stress under control helps maintain your energy, motivation, and health.

In this course, you'll learn the basics of managing stress. First, you'll discover what stress is and how your body responds to it. Then, you'll learn common stress triggers and how to manage them.

Click on the first lesson below—or the “*Start Course*” button above—when you're ready to begin.



What Is Stress?



Understanding Your Body's Reaction to Stress



Identifying and Managing Your Stress Triggers



Summary

What Is Stress?



Life Is Full of Stressful Situations

Your calendar is jam-packed, your car won't start, and your kid's school just called about a behavioral issue. It's undeniable—life is full of stressful situations. With so many demands on our time, it can feel like we're drowning in stress. But managing our stress is key to staying healthy, happy, and productive. And that begins with a clear understanding of what stress is.

In this lesson, we'll dive into the basics of stress, including how it affects us, and strategies we can use to keep our stress levels manageable.



STRESS MANAGEMENT FUNDAMENTALS

WHAT IS STRESS?

What Is Stress?

Think of stress as your body's natural defense mechanism. When you experience a demand or threat (whether real or imagined), stress hormones flood your body, preparing you to react. You become more alert, your muscles tighten, and your heart rate quickens. This is known as your body's "fight or flight" reaction or "stress response."

For example, if you're driving down the road and see a car veer toward you, your body will kick into high gear. Instinctively, you'll slam on your brakes or maneuver out of the way. After the threat passes, your body and hormone levels return to normal.

When Is Stress Helpful, and When Is It Harmful?

Stress often gets a bad rap. It's common to hear people complain that they "*feel so stressed.*" However, stress isn't necessarily a bad thing. In some cases, stress can be

helpful. Explore the flashcards below to learn about two types of stress—**acute stress** and **chronic stress**—including which one is helpful and which one is harmful.

Acute Stress

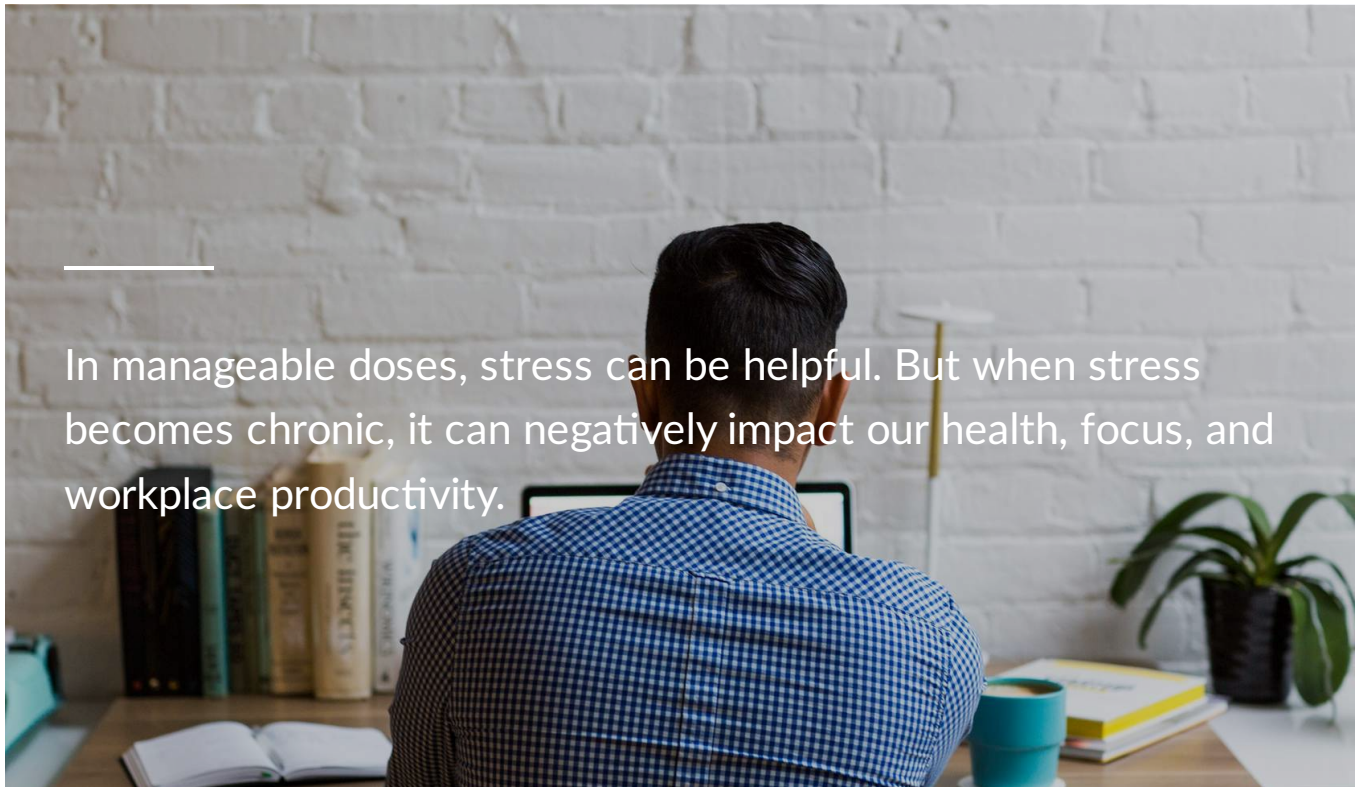
Not all stress is bad. Acute—or short-term—stress can help us get through challenging situations. If you're up against a tight deadline, for example, acute stress can sharpen your focus and propel you into action mode. Or, if you're in a dangerous situation, acute stress activates your “fight or

Chronic Stress

Chronic—or long-term—stress is harmful to your health, focus, and workplace productivity. When you experience stress often, your hormone levels and heart rate stay consistently elevated. That means your body has to work harder to keep you functioning normally, even when there's no immediate

“We can easily manage if we will only take, each day, the burden appointed to it. But the load will be too heavy for us if we carry yesterday’s burden over again today, and then add the burden of the morrow before we are required to bear it.”

John Newton



In manageable doses, stress can be helpful. But when stress becomes chronic, it can negatively impact our health, focus, and workplace productivity.

Signs and Symptoms of Stress

Many of us experience stress so often that we don’t notice its effects until it’s too late. We let stress chip away at our energy, motivation, and health. Eventually, we get to the

point where we're no longer equipped to deal with stressful situations. That's why we need to be able to recognize the common signs and symptoms of stress:

Physical

- Chest pain and rapid heartbeat
- Gastrointestinal issues
- Headaches
- Low energy
- Frequent infections and colds
- Insomnia

Emotional

- Anxiety and depression
- Irritability and mood swings
- Poor concentration
- Feeling overwhelmed
- Loneliness and isolation

Cognitive

Behavioral

- Forgetfulness
- Inability to concentrate
- Constant worrying
- Racing thoughts
- Pessimism

- Nervous habits (e.g., nail-biting and pacing)
- Procrastinating
- Eating more or less
- Withdrawing from others
- Sleeping more or less

Responding to Stress

We all deal with stress differently. For example, you might procrastinate and withdraw from others as a result of stress. On the other hand, your coworker might have headaches and get sick frequently. In general, if you're experiencing several of the signs and symptoms outlined above, you need to take steps to reduce your stress level to minimize or reverse its effects. Here are a few strategies to get you started.

Identify What's Causing Your Stress

Pinpointing what makes you feel stressed can take some time and reflection. Ask yourself: "*What causes me to feel stressed?*" Maybe it's speaking in front of a crowd or working under the pressure of a tight deadline. Here are several other common causes of stress:

- Feeling unhappy in your job
- Managing a heavy workload
- Facing harassment or discrimination at work
- Getting married or divorced
- Death of a loved one

Once you identify what's causing your stress, come up with a plan. For instance, if you have a fear of public speaking, you could reduce your stress by practicing your speech several times beforehand.

Practice Relaxation Techniques —

When we experience a threat, our stress response is activated. The opposite of this is our “relaxation response,” which is a state of profound rest. You can invoke your relaxation response—thus slowing your stress response—through relaxation techniques. For example:

- **Breath focus.** Take slow, deep breaths to quiet your mind and body.
- **Yoga.** Pair rhythmic breathing with a series of postures and flowing movements.
- **Repetitive prayer.** Repeatedly say a prayer or a phrase from a prayer while breathing deeply.

Change Your Perspective —

Stress is often made worse by negative thought patterns. When we encounter a stressful situation, it's easy to believe that the cause is internal (“*It's all my fault.*”), view the situation as permanent (“*Things will never change.*”), or generalize (“*I can't do anything right.*”).

These thoughts can lead us to **catastrophize**—or view situations as being much worse than they actually are. Take the employee who, after making a mistake on the job, responds with, “*It's my fault. I'm never going to succeed because I'm just not talented enough.*” Most likely, this perspective is neither realistic nor accurate. Instead, what if the employee's self-talk went something like this: “*I made a mistake on this one project, but it was partially because the requirements weren't clear. I'll make sure to scope out future projects in more detail.*” See the difference?

Here are a few more examples of turning negative thoughts into positive ones:

- Instead of “*It's all my fault,*” say, “*I played a part, but what other factors are at work here?*”
- Instead of “*Things will never change,*” say, “*It happened this one time.*”
- Instead of “*I can't do anything right,*” ask, “*How can I improve?*”

The key to changing your perspective is *arguing with yourself*. Don't simply accept the negative thoughts that flow through your mind. By replacing your negative thought patterns with more

realistic and proactive versions, you'll find yourself energized to take action.

“ It's not the load that breaks you down, it's the way you carry it.

Lou Holtz

Check Your Understanding

Use what you've learned about stress to navigate the following scenario.

During his morning walk, Gray turns a corner and encounters a snarling dog. Startled, Gray stops abruptly. He notices that his heart is pounding, and his hands are shaking. A moment later, the dog's owner appears, apologizes, and leads the dog away. Gray is still shaken, but he can feel his body slowly returning to its normal state. What type of stress did Gray experience? Select the correct answer below.

-
- Acute Stress
 - Chronic Stress

SUBMIT

Summary

Stress is our body's way of handling demanding or dangerous situations. It can motivate us to achieve better performance and equip us to fight or flee. Stress is helpful when it's a short-term feeling. But when stress becomes chronic, it can negatively impact our motivation, productivity, and health. The first step toward managing your stress is being able to recognize its common signs and symptoms. Other strategies include knowing your stress triggers, practicing relaxation techniques, and changing your perspective.



Tame your stress with laughter. When stress gets the better of us, it can be hard to let loose and laugh. But there's a reason why people say, "*Laughter is the best medicine.*" Laughter can reduce your stress hormones, soothe tension, improve your immune system, and relieve pain. Even a single hearty laugh can leave your muscles relaxed for up to 45 minutes afterward. To create more moments for laughter, watch a funny movie, read and share a joke, play a board game, and surround yourself with fun-loving people.

The physical symptoms of stress are obvious—from headaches to oversleeping to irritability. But what causes these symptoms? In the next lesson, we'll look at what happens inside our bodies in response to stress.

CONTINUE

Understanding Your Body's Reaction to Stress



All Systems on Alert

Think back to a stressful situation you experienced. Maybe you gave a presentation at work, interviewed for a job, or avoided a near-collision on your morning commute. In stressful moments like these, your body reacts—your senses sharpen, your heart rate quickens, and your muscles tighten. Understanding those changes in your body is key to managing your stress response and maintaining your health.

In this lesson, we'll explore how our bodies deal with stress through a process called general adaptation syndrome. You'll also learn strategies for managing your stress response.



STRESS MANAGEMENT FUNDAMENTALS

UNDERSTANDING YOUR BODY'S REACTION TO STRESS

How Our Bodies Respond to Stress

When we experience stress, it triggers a series of changes in our bodies. This stress response is known as **general adaptation syndrome**, and it happens in three stages:

1

Alarm reaction stage. First, our bodies release a surge of hormones, which prepares us to flee or protect ourselves from the stressful situation.

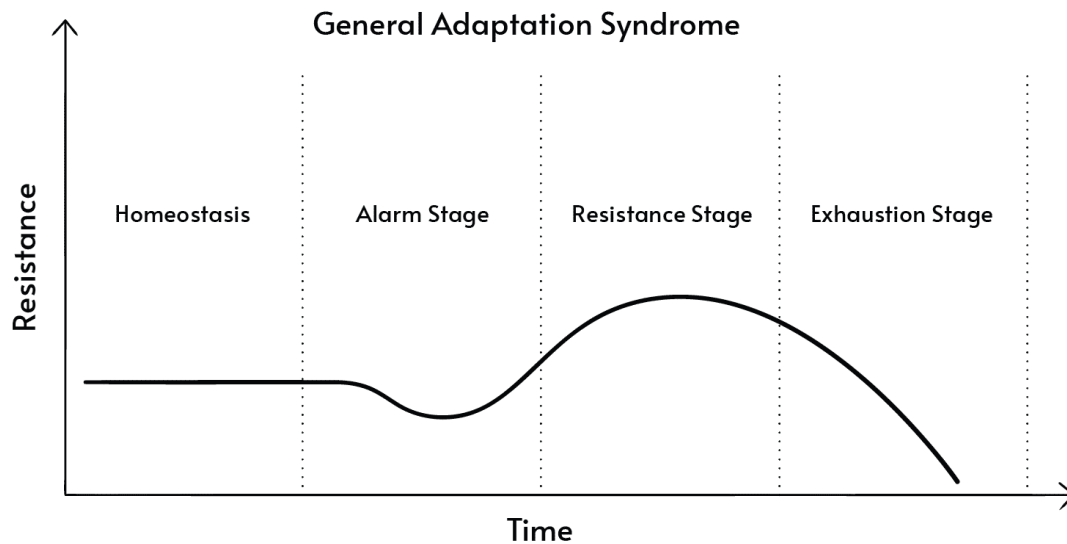
2

Resistance stage. After the initial shock of the situation passes, our bodies attempt to slow their stress response.

3

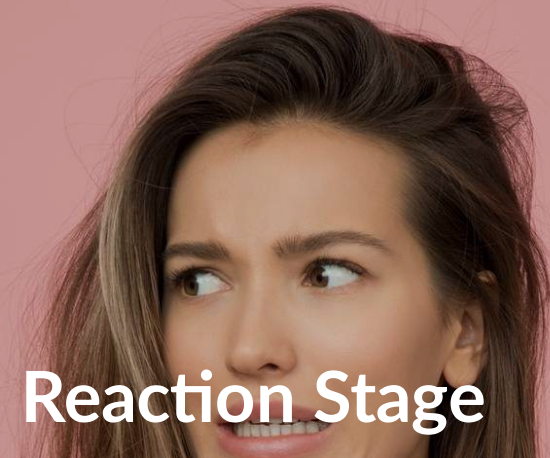
Exhaustion stage. Finally, if our stress is prolonged or extensive, we experience depleted physical, emotional, and mental resources.

The graph below illustrates the stages of general adaptation syndrome. Starting on the left side of the graph, we begin in a state of **homeostasis**—our mind and body functions are normal and stable. Then, after we encounter a stressful situation, our ability to resist stress first falls and then increases rapidly. Eventually, it peaks and begins to decline again. Over time, our ability to resist stress falls dramatically.



Now that you can visualize the stages of general adaptation syndrome, let's explore each stage in greater depth.

1. Alarm Reaction Stage





You Encounter a Stressful Situation

Your stress response begins in your brain. When you perceive danger, the alarm reaction stage is triggered, and your brain signals to your **autonomic nervous system** to take action. **This system includes two components:**

Sympathetic Nervous System

Your stress response's gas pedal

Parasympathetic Nervous System

Your stress response's brake

Your Body Prepares to Respond

First, your brain activates your sympathetic nervous system, which pumps the hormone adrenaline through your body. That causes the following physiological changes to happen:

- Your heart beats faster, circulating blood to your muscles, heart, and other vital organs.
- Your blood pressure rises.
- You breathe rapidly.
- The airways in your lungs expand to take in more oxygen, which increases your alertness—sharpening your hearing, sight, and other senses.

If the threat continues past the initial shock, your body then releases the hormone cortisol to keep you revved up and alert. But if the threat passes, then your body puts the brakes on your stress response.

The alarm reaction stage is more commonly known as the “*fight or flight*” response. Your body mobilizes itself to react, either to defend yourself against a threat or to flee to safety.



2. Resistance Stage

Your Battle Against Stress Continues

If your stressful situation continues past the initial shock, your parasympathetic nervous system intensifies its response and continues working to lower your cortisol level. If the situation ends, your body returns to its normal state (homeostasis). But if the stress

continues, your hormone levels stay elevated, and your body remains alert. Signs of the resistance stage include:

- Poor concentration
- Feelings of frustration
- Irritability

Strategies for Reducing Your Stress

Reducing your stress level is critical during the resistance stage. Not doing so can result in long-term stress and a variety of health complications. Try the following strategies to lower your stress level.

Write Down Your Thoughts —

Journaling as a stress management tool is most effective when done regularly. But even sporadic journaling can help you manage stress. The key is to focus your journaling on emotional processing and gratitude. Here are a couple of ideas to get you started:

- **Assess your emotional response.** Ask yourself: *“How did I react to my stressful situation?”* Putting your emotional responses on paper helps you process what you’re feeling as well as explore healthier ways you can respond in the future.
- **Focus on positivity.** Write down two to three things you’re grateful for. That can help you shift your focus from your problems to the resources you currently have on hand—thus boosting your mood and minimizing your feelings of stress.

Take Deep and Focused Breaths —

When you breathe deeply, you increase your oxygen supply to your brain, which, in turn, stimulates your parasympathetic nervous system (the “braking system” of your stress response). Even a few

minutes of deep breathing can have a big impact on your stress level. Try the following breathing exercise:

1. Close your eyes.
2. Take a deep breath in through your nose. As you breathe in, imagine that you're filling up with a sense of peace. Think: *"I'm breathing in peace and calm."*
3. Slowly release the air through your mouth. As you breathe out, imagine that your stress is leaving your body. Think: *"I'm breathing out tension and stress."*

Talk to Someone —

When we feel stressed or are struggling to cope, our natural tendency is to hide our feelings. We don't want to appear weak or incapable. But eventually, we may reach a breaking point. Pent-up feelings often result in embarrassing and inappropriate emotional outbursts.

Talking through your feelings with someone can be helpful, especially if that person is going through (or has gone through) a similar situation. Another option may be to talk to someone totally *outside* of your situation. An outside perspective can help you to identify solutions or strategies you hadn't thought of yet.



3. Exhaustion Stage



You've Depleted Your Resources

If your stress continues over the long term, you move into the exhaustion stage. In this stage, you've exhausted your physical, emotional, and mental resources. You're no longer equipped to fight stress. As a result, you're prone to developing stress-related health conditions, including:

- Depression and anxiety
- Headaches
- Fatigue
- Heart disease
- Diabetes
- Obesity
- Gastrointestinal issues
- Accelerated aging

“Every stress leaves an indelible scar, and the organism pays for its survival after a stressful

situation by becoming a little older.”

Hans Selye

Don't Let Your Stress Get Out of Hand

Once you reach the exhaustion stage, it's challenging to reverse the effects of long-term stress. That's why it's important to keep your stress level in check. You might not be able to control every situation that impacts you, but as much as possible, try to minimize the stress in your life. Journaling, deep breathing, talking to someone, and other stress-reducing strategies can help. But if you've tried several strategies and nothing is effective in reducing your stress level, consider meeting with a trained medical professional who can help you create a plan for managing your stress better.

Check Your Understanding

Use what you've learned about general adaptation syndrome to match each item (on the left) with its correct description (on the right).

SUBMIT

Summary

Stress can take a toll on our bodies. When we encounter stressful situations, we initiate the three stages of general adaptation syndrome:

- **Alarm reaction stage.** In the first stage, our brain and autonomic nervous system kick into high gear, flooding our systems with hormones and preparing us to fight or flee.
- **Resistance stage.** Then, if the threat persists, we move into the second stage, where our bodies work to lower our hormone levels and return to a normal state.
- **Exhaustion stage.** If the stress continues over the long term, we enter the final stage and are prone to a variety of health issues.

Managing your stress level is key to avoiding the exhaustion stage of general adaptation syndrome. Once you enter that stage, it's difficult (though not impossible) to recover.

Strategies like journaling, deep breathing, and talking to someone can help, or you may need to visit your health professional to get your stress level under control.



Don't avoid stress completely. While it's important to keep your stress level low, in some cases, stress can be helpful. In manageable doses, it can motivate us to perform better and achieve success. For example, moderate stress strengthens the connections between your brain neurons, helping you work faster under pressure. So, as long as stress isn't chronic, it can be a positive force in your life.

The first step to keeping stress in check is understanding what triggers your body's stress response. In the next lesson, you'll learn how to identify triggers—and manage them.

CONTINUE

Identifying and Managing Your Stress Triggers



None of Us Are Immune to Stress

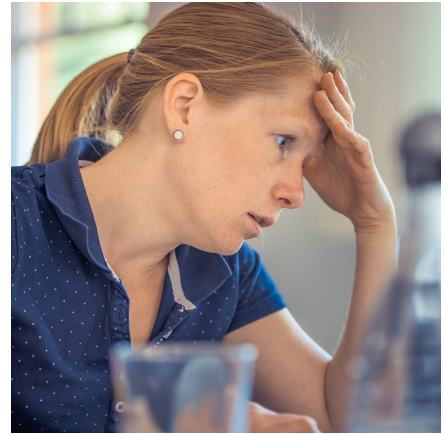
How often do you feel stressed? Is it a daily or weekly aggravation? Or do you tend to stay calm and collected? Stress is unavoidable. But some of us *feel* it more often than others—and that's because we have different internal and external realities. Consider the scenes below:



Seanna clutches her phone and stares at the screen. She's waiting for the results of a medical test that could change her life.



Noah retreats to the corner at a friend's party. Crowds put him on edge, and he nervously looks around the room for an escape.



Olivia gets a call from her boss with an urgent deadline—she has 30 minutes to create a career-changing presentation for an en-route client.

The above scenarios are all examples of people experiencing stress. The **triggers** are unique, but the results are the same—each causing the person's heart to race, stomach to drop, and muscles to tighten. And while some triggers are universal, others are particular to the individual.

The first step toward managing your stress is to understand your triggers. You must know what's causing a problem before you can solve it. So, how's that done? In this lesson, you'll learn what a stress trigger is and what two types we experience. Then, you'll learn how to identify your triggers and take the first steps toward managing them.



What's a Stress Trigger?

Stress is a physical response to something that interferes with our well-being. It happens when we feel threatened—whether that threat is real or imagined—and it results in a “fight or flight” reaction.

A **stress trigger** is an event or condition that causes the stress response.

For example, a phone call from your boss might be a stress trigger if it makes you feel anxious or tense. Likewise, negative self-talk can be a trigger if it causes your heart to race.

2 Types of Stress Triggers

While there are countless stress triggers out there, we can categorize them into two types: **internal** and **external**. Flip the cards below to learn more.

Internal


Internal triggers come from within. They're **self-induced** and the result of harmful emotions and thought patterns.

For example, personal expectations, fears, and pessimistic thoughts are all self-generated triggers.

External

External triggers come from the outside. They're the result of things that **happen to us**—and they're not as easily controlled.

For example, natural disasters, major life events, and urgent deadlines are all things that happen outside our control.



Be mindful that while some external triggers are universal, our internal perceptions will still play a role in our reaction.

That's why two people can have vastly different experiences in the same high-stress situation.

Identifying Your Stress Triggers

The first step toward managing your stress is to figure out what's causing it. So, how's that done? First, reflect on your current and past experiences. What **internal thoughts** and **external realities** have caused you to feel on edge? Can you spot any patterns?

To help you answer those questions, consider the lists below. While not all-encompassing, they highlight some of the more common internal and external triggers. Which ones can you relate to currently? And how many have affected you in the past?

Internal Triggers



Worry. Worrying—or the fear of something going wrong—can send your mind into a stress spiral. For example, you might worry

that a loved one has been in an accident. Or, you might worry about an upcoming speaking event, project, or interview.



Phobias. Some of us suffer from phobias. For example, we might have phobias of tight spaces, flying, or crowds. And even if the threat is imagined, the stress response is real.



Lack of control. Feeling helpless is a common stress trigger. In such moments, there's nothing we can do but wait and hope for the best. Consider how you might feel this response as a vehicle passenger or while waiting for a test result.



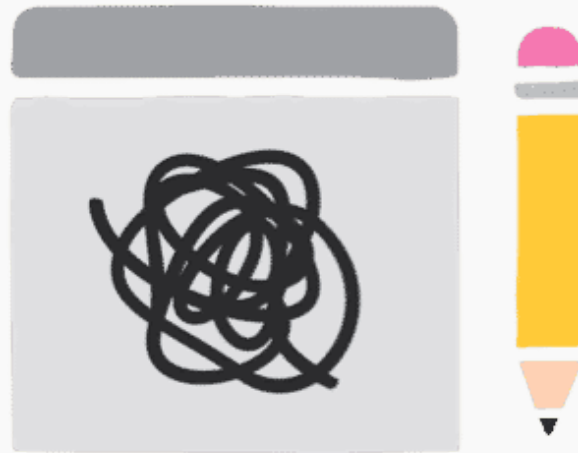
Decision-making. If you must make an important decision, you might stress over that choice. For example, you might feel stressed when picking the right college, career move, vehicle, partner, or home.



Unrealistic expectations. Expect too much of yourself and others, and you'll push yourself toward stress. Consider how planning the "perfect" holiday dinner or training a new employee can lead to stress.



Attitudes and perceptions. Your perspective will also impact your stress levels. Think about how perfectionism, pessimism, and one-sided viewpoints can aggravate a stressful situation. For example, imagine that you were in a fender bender. You could think: *"My car is destroyed! I don't have time for this."* Or, you could think: *"I'm so happy no one was hurt. Insurance will take care of the damage."*



Pause and Reflect

Internal triggers are highly individual. As you contemplate the themes above, write down how they've affected you personally. For example, what do you tend to worry about? What phobias—if any—do you have? And what types of unrealistic expectations have harmed you in the past?

CONTINUE

External Triggers

Of course, some triggers are outside our control—they're inflicted on us by external sources. For example:

Life changes. Major changes, whether positive or negative, trigger a stress response. On the negative end, imagine how you'd respond to losing your job, the death of a loved one, or a divorce. On the positive end, consider how a planned pregnancy, move, or wedding will trigger similar tension.

Financial issues. Financial worries are all too common. They can be long-term concerns if you're struggling to make ends meet. Or, they can happen suddenly, such as when you're facing a major life purchase—like a house.

Workplace. Heavy workloads, long hours, and demanding bosses can all promote stress. Beyond that, you might also suffer from a toxic work environment with uncooperative colleagues, unclear expectations, or discrimination.

Health issues. Health problems, such as an illness or injury, are common triggers. In these cases, the health issue can be yours or a loved one's.

Environment. Your surroundings may also be a trigger. Imagine how you'd react to a sudden sound—or how a space that's too hot or too cold can make you feel tense. Even a messy space can be a source of stress.

Unpredictable events. An unexpected event—whether good or bad—may lead to stress. Consider how you'd react if your rent suddenly went up or if your pay was cut. Or, think about what you'd do if a friend showed up to your home uninvited.

Social stressors. Social stimuli and relationships may also lead to stress. For example, you might feel stress when going on a date, attending a party, or while fighting with a partner, friend, or family member.

How many of the above boxes did you check off? If you're like most people, the list is likely extensive—and that's completely normal. Stress is everywhere, and it's something we all must learn to deal with.

Managing Your Stress Triggers

So, what can you do once you've identified your triggers? Managing stress is an ongoing process. It's not something that gets better overnight. However, there are a few simple steps you can take on the road to a more relaxed and healthy mental state. Navigate through this step-by-step interaction to learn more.

Step 1

Eliminate

First, consider what triggers you can eliminate. That list might be small, but it can make a big difference in your long-term strategy.

For example, if you're worried about your child's whereabouts, ask them if you can track their location via their cell phone—that way, they don't have to call to say, "I'm safe." Or, if a noisy upstairs neighbor is putting you on edge, resolve to knock on their door to discuss the problem (and maybe invest in a pair of earplugs or noise-canceling headphones as a fail-safe).

Get creative during this first step. Brainstorm solutions and ask yourself: *"What will create more stress—coping with the aggravation or taking steps to eliminate it?"*

Step 2

Reduce

Most likely, you won't be able to eliminate all your stress triggers. However, you might be able to reduce them by adopting the following strategies:

1. **Seek compromise.** For example, if workplace demands are unmanageable, talk to your boss about shifting expectations. Or, if you're facing an insurmountable bill, you could try negotiating a lower payment plan.
2. **Reorganize your life.** Can you reorganize your days to reduce some of those common triggers? For example, you might stack errands on top of one another or change your sleeping habits so that you have more time in the mornings.
3. **Try shifting your attitude.** How many of those internal triggers are self-created? For example, is pessimism, fear, or worry getting the best of you? If so, practice techniques to adjust your attitude and mindset. That might require going to therapy, practicing self-care, or habitually playing out more realistic scenarios in your head.

Step 3

Cope

Lastly, some triggers—such as health issues and major life changes—are unavoidable. You can't eliminate or reduce them. And so, you'll need to cope with them.

Coping takes practice. There are many strategies you can try, and they're all worth exploring outside this lesson. Consider the following practices to get you started:

- Journaling
- Practicing grounding techniques
- Seeking emotional support
- Following deep relaxation techniques such as visualization, breathing exercises, and progressive muscle relaxation
- Meditating
- Exercising
- Practicing cognitive reframing techniques

Summary

Once you've identified your stress triggers, the next step is to manage them. First, think through what triggers you can **eliminate** from and **reduce** in your life. Then, practice long-term **cop**ing techniques so that you can take control of your stress—rather than letting it control you.

Check Your Understanding

Based on what you've learned, which of the following statements are correct about stress triggers? *Select all answers that apply.*

A stress trigger is a physical response to an event or circumstance that interferes with your well-being.

A stress trigger is an event or condition that causes a stress response.

- We all experience the same stress triggers.
- A health issue is an internal stress trigger.
- Worrying is a type of external stress trigger.
- We can't eliminate all our stress triggers, but we can learn to manage them through coping techniques.

SUBMIT

Summary

Stress triggers are events or conditions that lead to the stress response. Those triggers can be internal and self-induced, or they can be external and happen to us.

While there's likely some overlap, we each have our own triggers. Common internal triggers include worrying, phobias, lack of control, decision-making, unrealistic expectations, and harmful perceptions. Externally, we might react poorly to major life changes, workplace demands, environmental stimuli, health issues, financial strains, unpredictable events, and social stressors.

Ultimately, the first step toward managing your stress begins with identifying what's causing it. So, keep checking in with yourself and get to know your triggers. Then,

practice techniques to eliminate, reduce, and cope with them. Remember, stress might be inevitable—but it doesn't have to control you.



Keep a daily list. This lesson is only the beginning. You'll likely experience several other triggers throughout your life. So, rather than ignoring them, write them down. Get in the habit of recording those moments—and asking yourself, “*Why?*” and, “*What’s causing this?*” Ultimately, the more you know about your triggers, the easier it will be to manage them.

Continue to the final lesson to review what you’ve learned in this course.

CONTINUE

Summary



Key Takeaways

Understanding stress, how it affects us, and ways to cope protects us from the dangers of chronic stress. Let's review a few key takeaways we covered in this course:

- 1** **Stress can be helpful—or harmful.** Not all stress is bad. Short-term stress sharpens your focus and propels you into action mode. This can be helpful, for example, when you're under a tight deadline or facing an immediate threat. On the other hand, long-term—or chronic—stress leads to poor focus, headaches, trouble sleeping, anxiety, depression, and other issues.
- 2** **Your ability to resist stress decreases over time.** Coping with stress is generally easier at the start of a stressful period.

However, the longer you're under stress, the weaker your defenses become. It's also difficult—though not impossible—to reverse the effects of chronic stress.

3

Identifying stress triggers can help you manage them. Do you know what causes you to feel stressed? Perhaps it's a fear of flying, unrealistic expectations, or an impending, important decision. It might also be something out of your control, like a spouse's job relocation, a health issue, or financial struggles.

You don't have to live with chronic stress. Embrace healthy, short-term stress that energizes you in high-pressure moments. But pay attention to your body's red flags. If you're experiencing physiological issues—like excessive sleeping, racing thoughts, or sudden headaches—you may be experiencing the impacts of chronic stress. Avoid triggers that elevate your stress response. Instead, turn to calming strategies like journaling, breathing exercises, or talking to a trusted friend.

Thank you for completing this course!