

Short-Term Helps for Dealing with Stress

Some stress is acute and comes on suddenly. For acute stress, try one of the following relaxation techniques to calm your body and mind. With practice, you will find which techniques work best for you. Additional resources can be found at wellness.byu.edu under the "stress" tab.

De-Stress in 10 Minutes or Less

If you are short on time but need to de-stress, try these quick and simple ideas that take 10 minutes or less.

- 1. Get moving!
- 2. Enjoy some natural sunlight
- 3. Use deep breathing
- 4. Give yourself personal time
- 5. Focus on others
- 6. Inspire yourself with a quote
- 7. Listen to guided relaxation
- 8. Engage in laughter and humor
- 9. Listen to your favorite music
- 10. Take a power nap

Deep Breathing

Deep breathing is one of the most effective tools in managing feelings of stress and anxiety because it activates your parasympathetic nervous system, which relaxes the body and reduces tension. When deep breathing, it is important that your belly expands more than your chest does and that you breathe out with pursed lips. You also want to focus your attention on your breathing. One method for deep breathing includes breathing in deeply for four counts, holding for four counts, breathing out for four counts, and resting for four counts. Repeat the process until your body feels calm and relaxed.

Biofeedback

When you are under stress your heart rate speeds up, your muscles tighten, your blood pressure rises, your skin temperature changes, and your breathing quickens. Biofeedback programs monitor these responses on a computer through a sensor. This feedback helps you become aware of what is going on inside your body during times of stress and anxiety. Biofeedback also lets you see how deep breathing, progressive muscle relaxation, guided imagery, or mindfulness helps you turn down the stress response. As you initiate these techniques, you will see in real time how they slow your heart rate, lower your blood pressure, and ease muscle tension. With practice, you will learn how to control these functions on your own, without the use of biofeedback equipment.

Schedule your biofeedback appointment by contacting:

BYU Comprehensive Clinic
801-422-7759
1190 N. 900 E. Provo, UT 84602
\$15 per session

Managing Long-Term Stress

Stressors

What are the most stressful things in my life right now? (e.g. pressures, worries, conflicts, responsibilities)

Ways to Reduce Stress

1 Change the stressful **situation**.
(*2 Nephi 2:26*)

2 Change my **perception** of the stressful situation.

Growth promoting (*2 Nephi 2:2*)
Challenge
Natural part of life
Fun, humorous
Learning experience (*D&C 122:7*)

3 Change my **capacity** to deal with the stressful situation.

Increase spiritual strength

- Divine worth
- Prayer
- Scriptures
- Love and serve others
- Strength in God (*Helaman 5:12*)

Improve skills

- Preparation and organization
- Work and study efficiency
- Assertiveness
- Stress management skills

Increase strength & energy

- Good nutrition
- Sleep (*D&C 88:124*)
- Exercise
- Regular relaxation practice

Making Changes

How can I change the stressful **situation**?

How can I change my **perception** of the situation?

How can I change my **capacity** to deal with the stressful situation?