From Stress to Success – Key Concepts

Presented by: Jan Sturges, M.Ed., LPC
Caregiving Coordinator
UA Life & Work Connections

A, B, C’s of Stress Management

A = Awareness
B = Belonging, or where you ‘fit’ or don’t ‘fit’ in the ‘big picture’
C = Control (perception of) or ability to adjust to change

It only takes 4 deep breaths to create a relaxation response

Physiologically speaking, your body cannot be stressed and relaxed at the same time

Anger is the emotion of survival. How you use, or manage, anger determines whether or not the outcome fosters understanding and resolution (positive) or discouragement and alienation (negative).
  • Assertive = “I” statements (constructive)
  • Aggressive = “You” statements (destructive)

Fear is the ‘flip side’ of anger.

Mindfulness, a positive side effect of relaxation, creates heightened awareness and focus in the present moment, and a sense of ‘timelessness.’