

Stress Awareness & Management

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Most of us have felt “stressed out,” but when this feeling persists, stress becomes chronic and can negatively impact our careers, quality of life, and



our bodies. The first step is to pinpoint your stressors. To identify your true sources of stress, look closely at your habits, attitude, and excuses.

Pinpointing your true stressors may be more difficult than you realize because some of them may be very subtle. Sometimes you may fail to notice your own stress-inducing thoughts, feelings, and behaviors.

Tips to Help Manage Stress

Know your limits:

- You may be surprised by the number of stressors in your life that you can eliminate.
- Learning to say no is an important part of knowing your limits and sticking to them.
- Whether in your personal or professional life, taking on more than you can handle is a guaranteed recipe for stress.

Alter stressful situations:

- Finding a way to change things can prevent a stressful situation from reoccurring in the future.
- Express your feelings to someone who is bothering you in an open and respectful way.
- And, when you ask someone to change, be willing to compromise and do the same.

Try changing how you react:

- Adapting to stressful situations can help regain your sense of control by altering your expectations and attitude.
- Try to view stressful situations from a more positive perspective.
- When you're down, reflect on all the things you appreciate in your life, including your own positive qualities and talents.



Nurture yourself:

- Nurturing yourself is a necessity, not a luxury.
- Set aside time to relax daily.
- Do something you enjoy, whether it is playing the piano, going for a walk, calling a friend, or reading.



Increase your resistance to stress:

- Exercising regularly and eating a healthy diet can help combat stress.
- Be active at least 30 minutes every day.
- Start your day off with a healthy breakfast and keep your energy up and your mind clear with balanced, nutritious meals and snacks.



Stress is defined as mental, emotional, or physical tension or strain, and too much can negatively impact health. Make a conscious effort to spend more time in a lower gear, take time in between bursts to rest and recuperate, or learn to change your point of view and look at the positive aspect of a situation to lower and manage stress.

Additional resources:

Looking for a different way to relax? Check out information on Tai Chi from UNL Extension Educator Jamie Goffena:

- Tai Chi involves slow and gentle movement of body weight and deep breathing. Suitable for all ages, Tai Chi can be done inside, outside, alone or with a group.
- Research shows people who practice Tai Chi several times weekly may receive health benefits such as stress relief, improved balance and mental focus, strengthened muscles, and increased flexibility.

Link to Full Tai Chi article:

http://bit.ly/taichi_healthbenefits

Videos on Tai Chi:

http://bit.ly/taichi_podcasts



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