



STRESS REDUCTION TECHNIQUES FOR THE GRIEVING

- ✓ Activities that relieve your mind (i.e. TV, reading)
- ✓ Physical exercise - do what you can, what your health will allow.
- ✓ Activities that are fun and enjoyable.
- ✓ Mental or spiritual exercises (i.e. meditation; guided imagery and deep muscle relaxation, deep breathing – you can purchase tapes to aid you in these activities.
- ✓ Pets - they can be hypnotic and relaxing.
- ✓ Structured activities – make lists, prioritize, partialize, plan ahead, pace your self.
- ✓ Cultivate people in your life who are supportive.
- ✓ Surround yourself with positive influences and thoughts.
- ✓ Humor, play, dance, creative activities.

BE AWARE OF YOUR STRESS SIGNALS

Taking the time to recognize the signs your mind, body, and spirit give you when you are over stressed is one of the first steps in keeping a healthy you.

Although the stress response is similar, each of us may experience different signals. Below is a list of various stress signals. Check any of these you have experienced during the past ten days.

PHYSICAL

- headaches
- muscle tension
- fatigue
- digestive upset
- high blood pressure
- feel your heart pounding
- insomnia
- foot tapping
- finger drumming
- weight change
- perspire a lot

MENTAL

- lack of concentration
- forgetfulness
- felt disorganized
- confused
- negative attitude
- not able to problem solve as easily
- no motivation to do important things
- lack of focus

EMOTIONAL

- frustrated
- feeling down
- irritable
- discouraged
- bad temper
- mood swings
- nightmares
- sad without knowing why
- urge to cry for no special reason
- worry

SPIRITUAL

- loss of meaning
- feeling no direction
- looking for "magic"
- feeling alone
- cynical
- holding on to past events

RELATIONAL

- isolation
- using people
- distrust
- intolerant
- impatient
- lowered sex drive

BEHAVIORAL

- careless
- change in eating
- change in sleeping
- change in drinking
- increase in smoking
- distracted easily
- procrastinating