

PEPPERDINE

Stress Month April 2021

Managing stress effectively is a complex skill – one you can learn with time and active participation. Cultivating constructive thinking, maintaining an optimistic and hopeful outlook, and altering patterns of negative thinking are some of the more important strategies.

- ❑ **Identify the most common signs of stress.**
 - Becoming easily agitated, frustrated, or moody
 - Feeling overwhelmed, like you are losing control or need to take control
 - Having difficulty relaxing and quieting your mind
 - Having low energy, headaches, nervousness, aches and pains
- ❑ **Ask yourself the following questions to identify the main stressors in your life.**
 - Is there something in your life consistently stressing you out?
 - Does a particular task or person cause you to become tense?
- ❑ **Understand what you can do to reduce your overall stress.**
 - Create realistic and manageable routines
 - Are you taking advantage of your breaks?
 - Aim for progress, not perfection
- ❑ **Do you engage with your community in a way that helps you cope with stress?**
 - Find or form a support group for those facing different types of stress
 - Loneliness, loss of a loved one, finances, etc.
 - Take advantage of the University's stress-related webinars in April
 - Rest Enhances Your Performance (4/6)
 - The Science of Stress (4/14)
 - Stress Fractures: Healing Strained Relationships (4/20)



THRIVE

WELLNESS PROGRAM

Helpful Resources

- ❑ **How to Manage Your Stress When the Sky Is Falling**
- ❑ **WebMD Stress Symptoms**
- ❑ **Health Advocate Stress Resource Guide**
- ❑ **Health Advocate's New Mindfulness & Stress Management Webpage**
- ❑ **Human Resources Wellness Webinar Collection**

Contact Information

- ❑ **Health Advocate**
(866) 799-2728
www.myhealthadvocate.pepperdine.edu
- ❑ **Human Resources**
Thrive Wellness Program
(310) 506-4190
community.pepperdine.edu/hr/wellness