

Stress...

So Many Demands, So Little Time...



1. Stress is your body's way of reacting to life's pressures
2. Lots of places and things can make you feel stressed:
 - Your Child's Health
 - Home
 - Family & Friends
3. Some stress is good- but if it makes you feel sad and irritable- WATCH OUT!!!
4. Learn to recognize the signs of stress
 - ◇ Physical- headache, pounding heart, trembling
 - ◇ Behavioral- anxious, poor eating, sleeping problems
5. Figure out what things make you feel stressed
6. Managing your stress is important:
 - ✓ Deep Breathing
 - ✓ Exercise
 - ✓ Meditation
7. Reduce the stress in your life by scheduling daily periods of relaxation and exercise, eating right, and getting enough rest



Alabama Department of Rehabilitation Services
Children's Rehabilitation Service