

Module 2: Motivation, Emotion, and Stress

Topic 1 Content: Managing Stress

Introduction



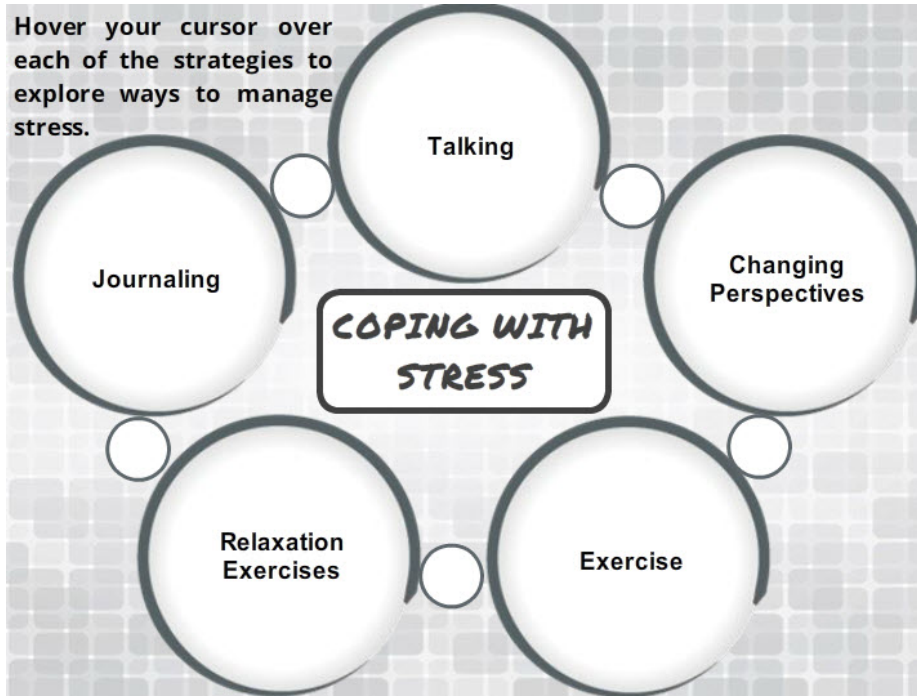
Managing Stress

Click the **NEXT** button to begin.

Module 2: Motivation, Emotion, and Stress

Topic 1 Content: Managing Stress

Instructions

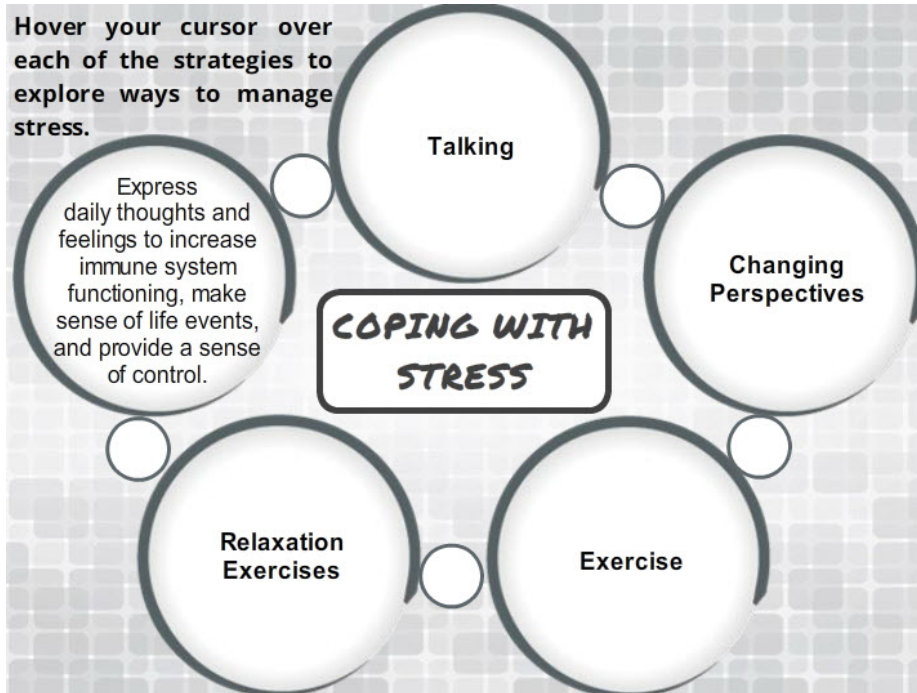


Hover your cursor over each of the strategies to explore ways to manage stress.

Module 2: Motivation, Emotion, and Stress

Topic 1 Content: Managing Stress

Journaling

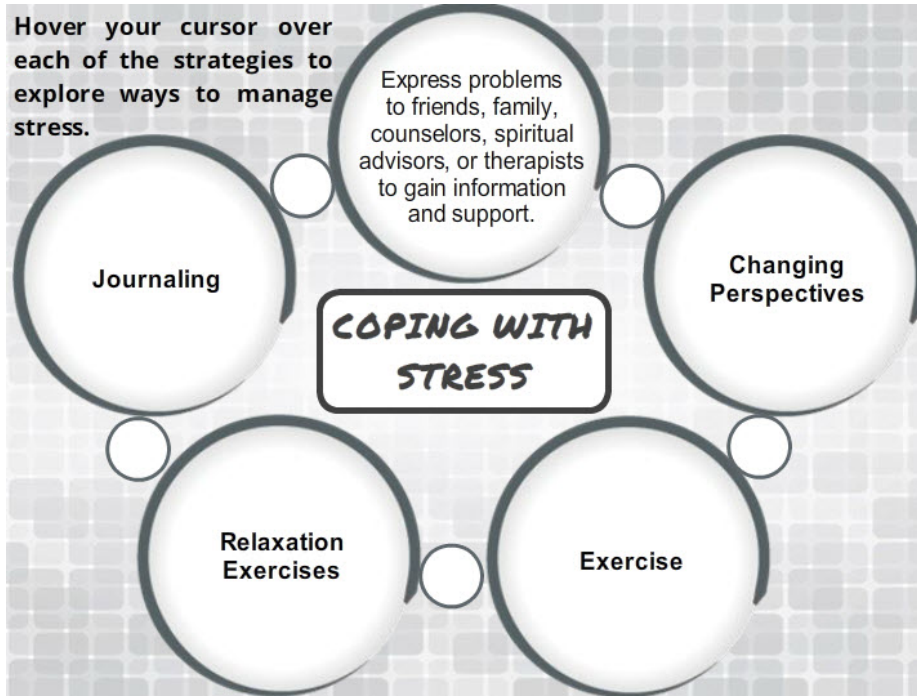


Express daily thoughts and feelings to increase immune system functioning, make sense of life events, and provide a sense of control.

Module 2: Motivation, Emotion, and Stress

Topic 1 Content: Managing Stress

Talking

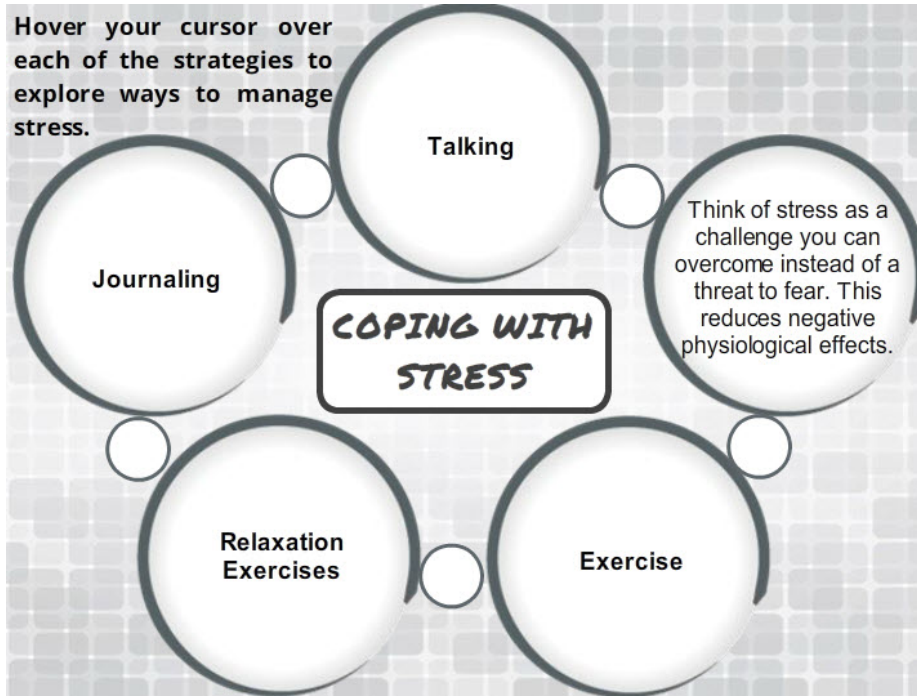


Express problems to friends, family, counselors, spiritual advisors, or therapists to gain information and support.

Module 2: Motivation, Emotion, and Stress

Topic 1 Content: Managing Stress

Changing Perspectives

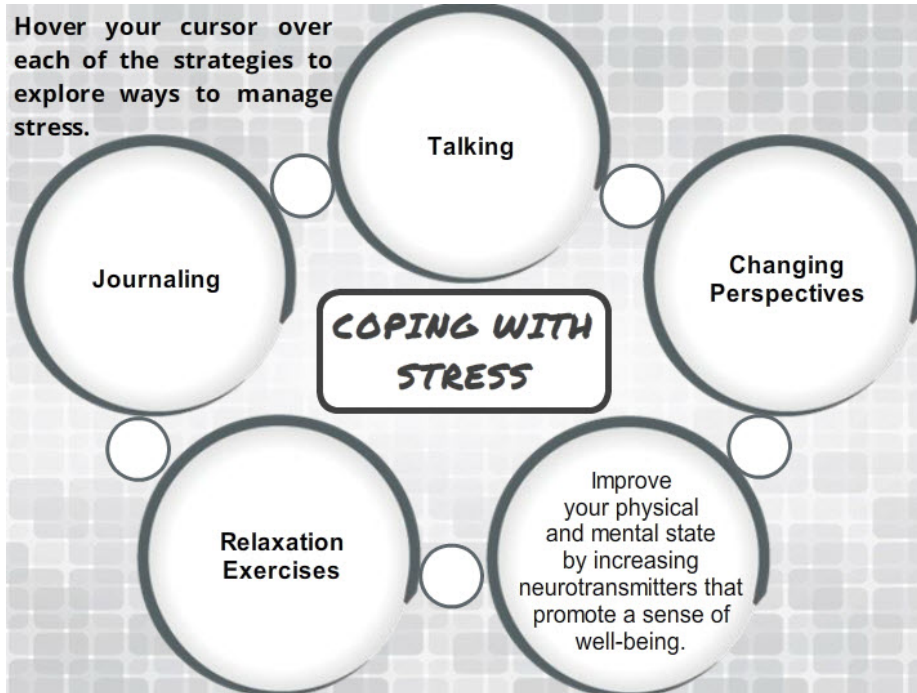


Think of stress as a challenge you can overcome instead of a threat to fear. This reduces negative physiological effects.

Module 2: Motivation, Emotion, and Stress

Topic 1 Content: Managing Stress

Exercise

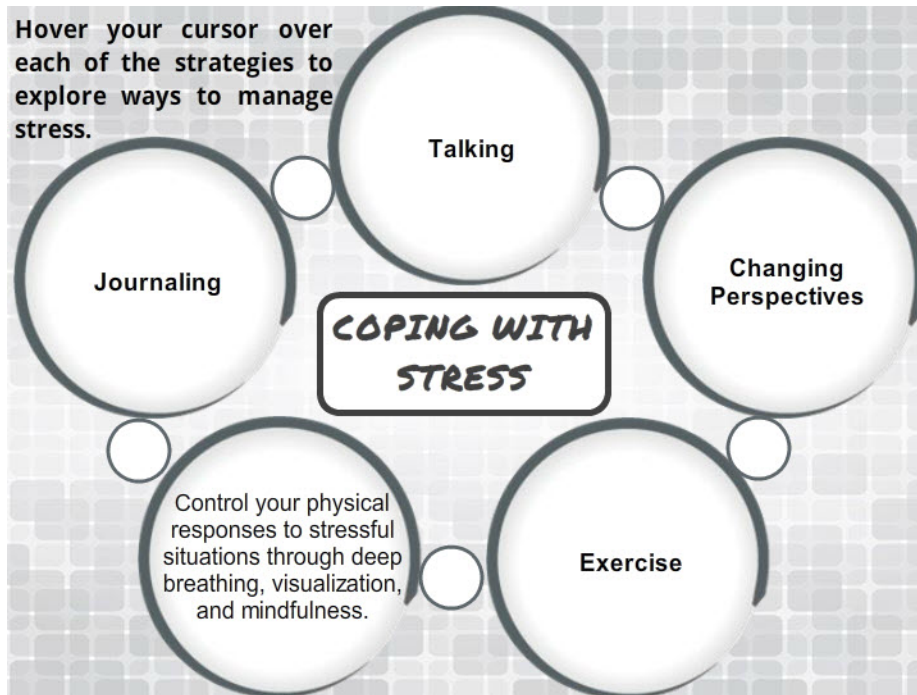


Improve your physical and mental state by increasing neurotransmitters that promote a sense of well-being.

Module 2: Motivation, Emotion, and Stress

Topic 1 Content: Managing Stress

Relaxation Exercises



Control your physical responses to stressful situations through deep breathing, visualization, and mindfulness.

Module 2: Motivation, Emotion, and Stress

Topic 1 Content: Managing Stress

Relaxation Exercises

DETAILS ABOUT TECHNIQUES FOR RELAXATION EXERCISES

Deep Breathing:

Taking deep, cleansing breaths while focusing on breathing slowly and exhaling.

Visualization:

Using guided imagery to imagine a scene that makes you feel at peace (like a beach or quiet wooded setting), including how it looks, smells, or sounds.

Mindfulness Meditation:

Honing in on the ability to be present in the “moment-to-moment” experience; stopping to listen to sounds around you or focusing on bodily sensations.

Deep Breathing: Taking deep, cleansing breaths while focusing on breathing slowly and exhaling.

Visualization: Using guided imagery to imagine a scene that makes you feel at peace (like a beach or quiet wooded setting), including how it looks, smells, or sounds.

Mindfulness Meditation: Honing in on the ability to be present in the “moment-to-moment” experience; stopping to listen to sounds around you or focusing on bodily sensations.