

Module 7: Motivation, Emotion, and Stress

Topic 3 Content: Managing Stress Notes

Introduction



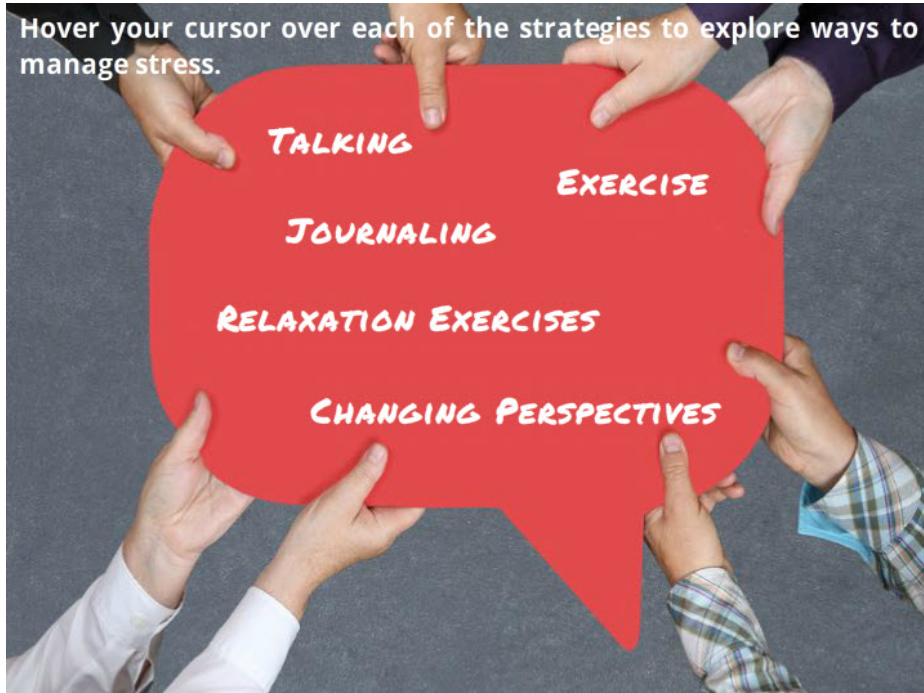
Managing Stress

Click the **NEXT** button to begin.

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Instructions

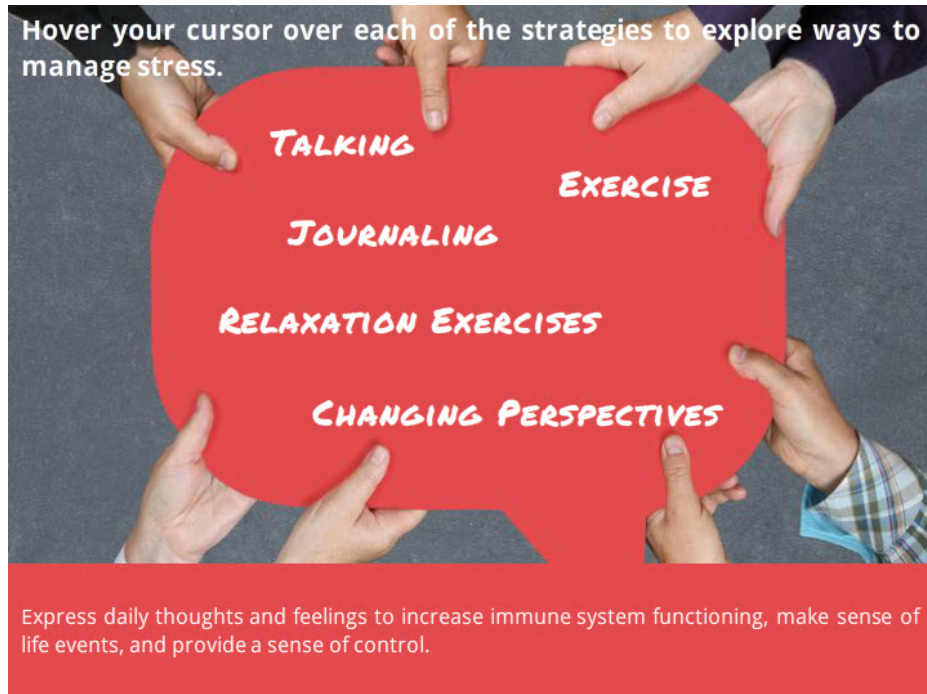


Hover your cursor over each of the strategies to explore ways to manage stress.

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Journaling



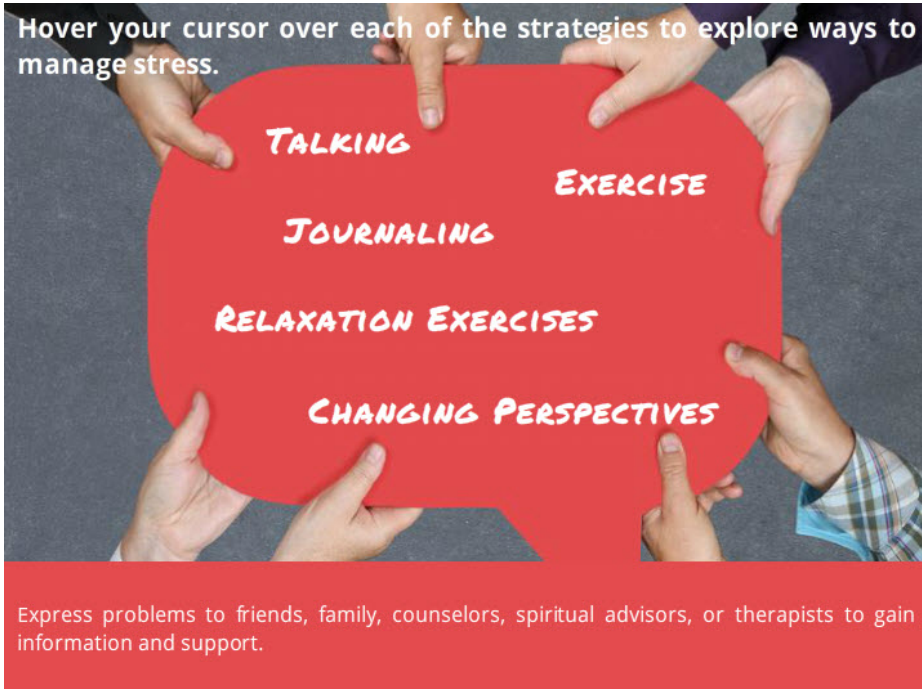
Express daily thoughts and feelings to increase immune system functioning, make sense of life events, and provide a sense of control.

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Talking

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



TALKING

EXERCISE

JOURNALING

RELAXATION EXERCISES

CHANGING PERSPECTIVES

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

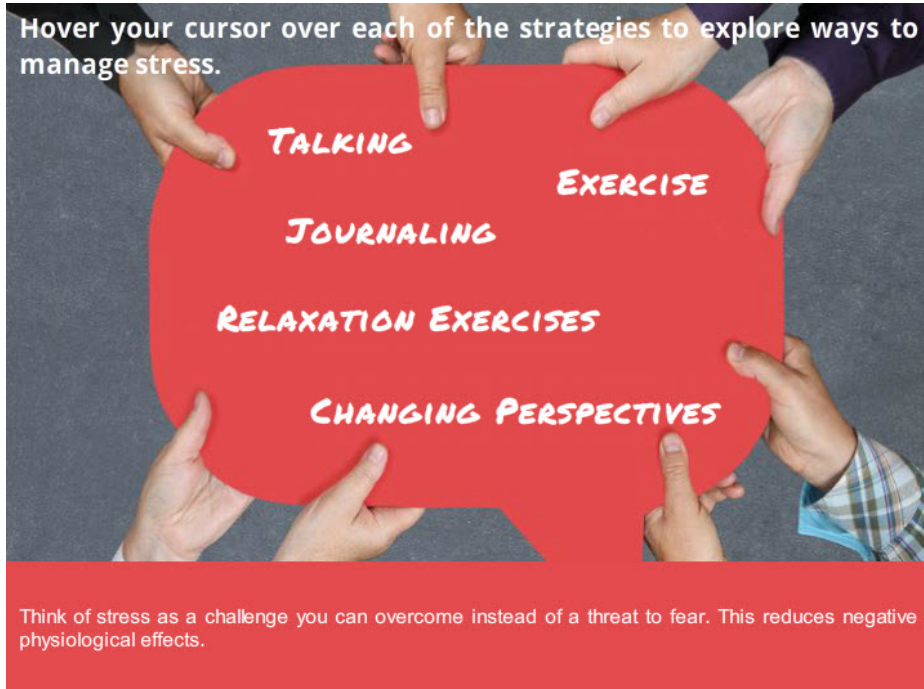
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Changing Perspectives

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



TALKING

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JOURNALING

RELAXATION EXERCISES

CHANGING PERSPECTIVES

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

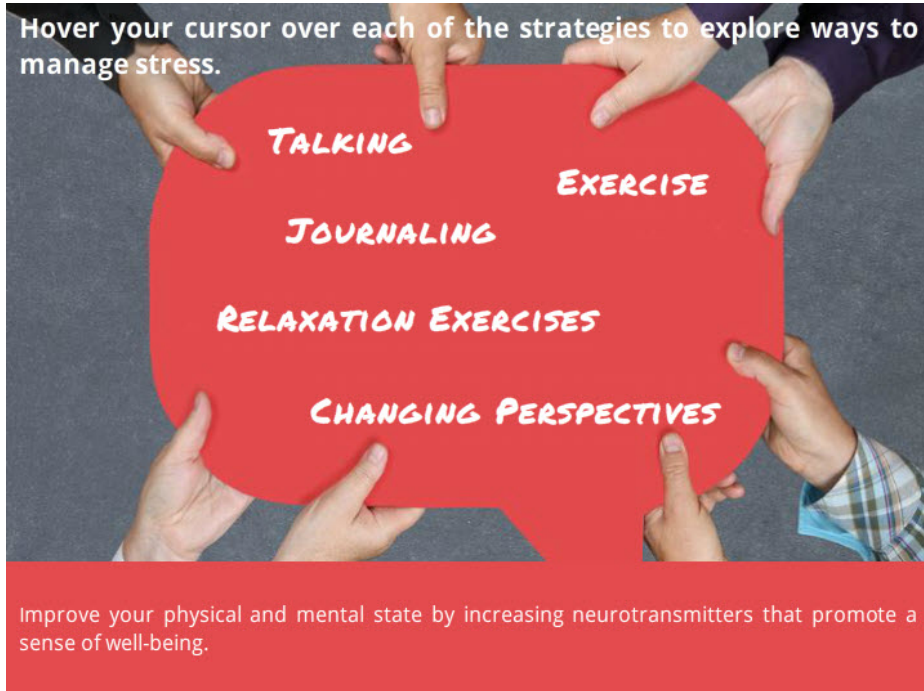
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Exercise

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



TALKING

EXERCISE

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RELAXATION EXERCISES

CHANGING PERSPECTIVES

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

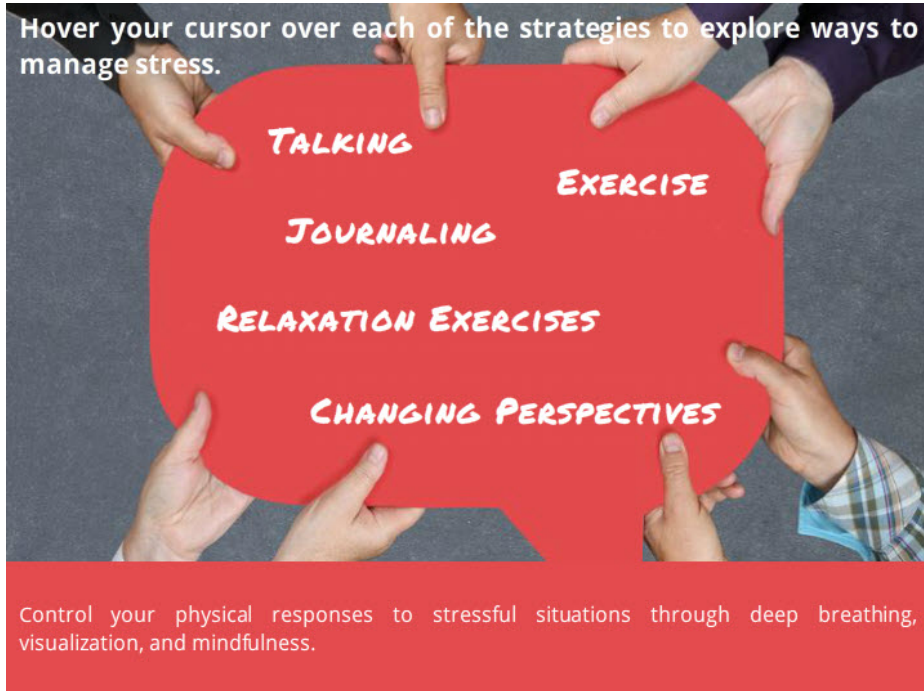
Improve your physical and mental state by increasing neurotransmitters that promote a sense of well-being.

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Relaxation Exercises

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



TALKING

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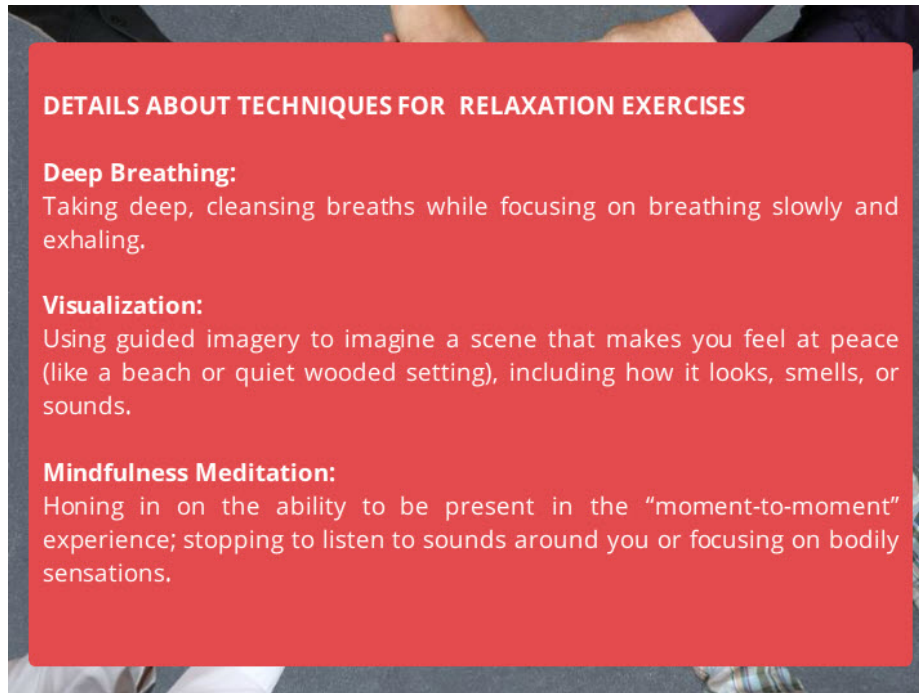
Control your physical responses to stressful situations through deep breathing, visualization, and mindfulness.

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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.