

# When Stress Gets on Your Nerves: Turning Tension into Tranquility

- What is stress? : Demand on  
Energy



# “Fight or Flight”



# Energy follows thought: Thought triggers the emotion Fear

- If you do not burn off excess energy it creates fatigue, anxiety and depression.
- Emotional Triggers: Any change, such as job loss, death, issues at home, work, school, health issues, sleep issues, etc...

# Dealing with Stressful Situations: The Four A's



**AVOID**

**ALTER**

**ADAPT**

**ACCEPT**



# Avoid

- Say no
- Avoid people that stress you
- Avoid hot button topics
- Control your environment
- Pare down your To Do List

# Alter

- Compromise
- Assertion
- Expression
- Manage Time

# Adapt

- Reframe
- Look at Big Picture
- Adjust Standards
- Focus on Positive



# Accept

- Don't try to control the uncontrollable
- Look for positive
- Share
- Forgive

# Make time for Fun and Relaxation



# Adopt A Healthy Lifestyle

- Psychotherapy: C.B.T, Stress Management
- Diet
- Exercise
- Yoga
- Relaxation
- Breath work
- Meditation
- Massage



If you have any questions and/or would like a free phone consultation, please call (908)642-0258, or email [laurademarzo@comcast.net](mailto:laurademarzo@comcast.net)

For more information about my practice, please visit.

[www.centerforpsychologicalservices.net](http://www.centerforpsychologicalservices.net)

Or reach out to me today. Thank you for coming today and supporting DBSA!