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

Stop Stressing,
Start Living.
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. For more information about my practice, please visit www.centerforpsychologicalservices.net. Or reach out to me today. Thank you for coming today and supporting DBSA!