

PERSONAL STRESS MANAGEMENT

“ Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life.”

(Marilu Henner)

The Aim of Scouting is to promote the development of individuals, enabling them to grow and take their place in society as active citizens. As we move forward with the Canadian Path we are much more aware of each individual's challenges with personal progression.

Please use this guide for a better understanding of Personal Stress Management; how as Scouters, we can make a difference by being cognisant of ways of properly caring for our personal well being through Personal Stress Management.

DESCRIPTION

Stress is our reaction to external environmental signals/cues and to our internal feelings and thoughts. It is an inevitable factor in today's rapid, complex society.

CHARACTERISTICS/CAUSES

Physical: Restricted sleep, heavy work, busy travel schedule, extended exertion.

Chemical: Drug and alcohol consumption, too much caffeine intake, tobacco, pollution, cleaning solvents.

Mental: Worry preoccupation, over-extended work periods, feelings of anxiety, need for perfection.

Emotional: Feelings of loneliness, being sad, feeling guilty, being angry, being fearful.

Nutritional: Deficiency in vitamins and minerals, allergies to certain foods.

Traumatic: Bodily injuries, medical procedures/surgery, infectious disease, sickness, exposure to temperature extremes, major burns.

Psycho-Spiritual: Spiritually unfulfilled, prolonged unhappiness, monetary issues, job pressures, difficulty with relationships, unattainable life goals.

HOW TO MANAGE STRESS

1. **Have More Fun:** Carry out fun activities that have you relax.
2. **Express Your Feelings:** Express feelings regularly. Suppressing them leads to illness and pain.
3. **Get Enough Sleep:** Allows for re-energizing and healing. Get professional help for sleep difficulty.
4. **Exercise:** It relieves tension and you feel more in control. Helps provide better perspective on life.
5. **Practice Relaxation Exercises:** Creative visualization and meditation help you obtain inner peace and calmness. Release worry by practicing breathing exercises as well.
6. **Develop Good Relationships:** Maintain a friendship support network of genuine friends who you can readily confide in. They are accepting, non-judgmental and good listeners. Reciprocate as well.
7. **Experience Love:** Insure to let your close relations and dear friends know that you appreciate and love them unconditionally. Regularly express your love and appreciation for them.
8. **Change Perceptions and Attitudes:** Be open to life's challenges and see them not as catastrophes but as challenges. Remain open and positive to what life throws your way. Based on your spirituality, strive for self-fulfillment and personal self-respect.
9. **Eat Right:** Keep away from low nutritional foods with lots of chemicals, fats and sugar. To better handle stress sources, eat proper nutritional foods that induce your immune system to fight off stress.



COPING STRATEGIES FOR THE SCOUTER

- Have a program plan and work it
- Have an alternate fall back plan
- Be flexible and adaptive
- Use the many skill resources of your leadership team
- Take time to reflect on the positive influence you have had on the youth in your charge
- Avoid over-extending yourself and over-committing
- Maintain a sense of humor
- Set achievable goals and work them in order of priority
- Avoid over-scheduling
- Learn to delegate
- Laugh often
- Use time management responsibly and effectively
- Do not procrastinate
- Insure for adequate leadership
- Acquire a conflict resolution, dispute mediation skill set
- Negotiate and compromise
- Maintain solid organizational skills
- Maintain adequate records and file resources
- Avoid gossip and negative thinking
- Have extra Scouters at camps
- Take plenty of personal breaks
- Learn and practice relaxation techniques
- Have alternative interests and hobbies
- Know when to ask for help
- Use the assistance of mentors and Service Scouters
- Exercise
- Play

SUGGESTIONS TO REDUCE STRESS

- Eliminate or restrict caffeine
- Do nothing that would lead you to tell a lie afterward
- Be prepared to wait
- Do today what you want to do tomorrow
- Plan ahead
- Don't put up with anything that doesn't work right
- Always set up contingency plans, just in case
- Simplify, simplify, simplify
- Distinguish between real needs and mere preferences
- Get enough sleep
- Inoculate yourself against a feared event, like a speech you have to make, by visualizing it in advance the way

- you want it to be
- Learn deep breathing techniques
- Write down your thoughts and feelings to clarify them
- Change your activity or environment to divert pressure
- Talk out problems with a trusted friend
- Become more flexible
- Try the yoga technique of exhaling slowly to dissolve tension
- Get ready each evening for the next day
- Relax your standards
- Don't rely on your memory, write down due dates
- Ask questions, taking a few moments to repeat directions or instructions can save hours
- Say NO to projects, social activities and invitations you know you don't have time or energy for
- Do something for somebody else
- Add an ounce of love to everything you do
- Take care of today the best you can
- Learn to live one day at a time
- Do something you enjoy everyday
- Do one thing at a time
- Get up and stretch periodically
- Allow yourself time everyday for privacy
- Learn to delegate responsibility
- Organize your meeting place so that you know exactly where things are
- Focus on understanding and loving
- Have a forgiving and optimistic view of the world

FURTHER ASSISTANCE

This Info Sheet is a resource guide only and is not intended to be therapeutic, diagnostic, medical, or legal advice. The information provided is designed to support the relationship that exists between a member and his/her healthcare providers.

SOURCES

Dr. Elson Haas –
www.care2.com/greenliving/7-kinds-of-stress.html

