

## STRESS MANAGEMENT

Everyone experiences stress and stress is an ongoing part of life. Many of life's challenges and especially those things that are out of your control, usually add the most stress. For young adults who are trying to deal with peer pressure, starting out on a career path, getting the grades in order to graduate, looking into college or university options and learning to accept more and more adult responsibility along the way, can be immensely stressful. Without stress we'd be doing nothing because everything we do comes with some degree of stressfulness. Therefore, managing your stress is extremely important so that the stress of life doesn't start to get the best of you.

If you are not taking steps to try to managing your stress then stress could start to take over and manage you. It is widely known that increased amounts of stress can harm your body by adding to heart risks, raising blood pressure, causing sleeplessness, decreases in sex drives and decreases in your body's natural immune system. This is another reason that managing your stress is one of the most important things that you can do.

How do you "manage" stress? There are many ways that people manage stress and not everyone manages it as well as they should. Finding enjoyable things to do that include exercise is the best and most recommended activity toward a reduction in stress. These activities could be riding a bike, walking, jogging, swimming, playing tennis or being active in a team sport. All of these activities are excellent ways to deal with stress. In order to be stress reducing you need to exert your body for at least 30 minutes five times a week, and if you are under a lot of stress it is recommended that you do some kind of physical activity to raise your heart rate for at least 45 minutes day six days a week. However, please be sure to talk to your doctor before entering into a new exercise program where you exert your body to new levels of fitness.

Other, less physical ways to manage stress include taking take time every day for calm and peaceful meditation. Many people manage stress by turning to their faith for daily meditation or take up journal writing or enrolling in yoga classes. Stress can be reduced by reading, starting a new hobby or spending time volunteering in the community. Another way to quickly reduce stress is to learn about proper deep breathing techniques along with visualizations of calming thoughts. Stress can further be reduced by finding someone that you trust to talk to about the things that are creating the most stress in your life. If you feel that you have more stress than you can handle it is recommended that you find a therapist. At Wentworth and Associates, many of our therapist's can assist you in finding stress reducing activities as well as teaching you proper breathing techniques and ways to add calming thoughts to assist you in letting go of unwanted stress.

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