Surviving vs. Thriving: How to Cope with Stress

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How to Make Stress your Friend
Time for some Reflection!
Top Stressors in the US

- Work is top source of stress in US
  - 40% of workers experience office stress
  - 25% say work is the MOST stressful aspect of their life
- Next 6 stressors (in order):
  - Money
  - Health
  - Relationships
  - Poor Nutrition
  - Media Overload
  - Sleep Deprivation
There are different types of stress!

**Acute Stress** - “Fight or flight”

**Chronic Stress** - the cost of daily living, can affect immune system if ignored for too long

**Eustress** - stress in daily life with positive connotations

**Distress** - stress in daily life with negative connotations
Healthy Stress Coping Mechanisms

- Talk to someone...be social!
- Exercise-endorphins
- Get more sleep
- Stress diary
- Better time management
- Decrease caffeine, nicotine, and alcohol
  - They are stimulants (alcohol in small quantities) which actually increase stress levels.
- Take control
- Self-care
Takeaways:

- How you think and act can transform your stress response.
- Viewing stress as a positive requires believing that you can handle life’s challenges.
- Chasing meaning is better for your health than avoiding discomfort.