



# Virginia Cooperative Extension

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# BEATING STRESS

A Five Part Video Mini-Series produced by the Human Development Program Team.

Learn how to identify, understand, and shrink your stress through use of the five mini-video clips that discuss five area of stress:

**Introduction**

**Daily Living**

**Family and Business Relations**

**Financial**

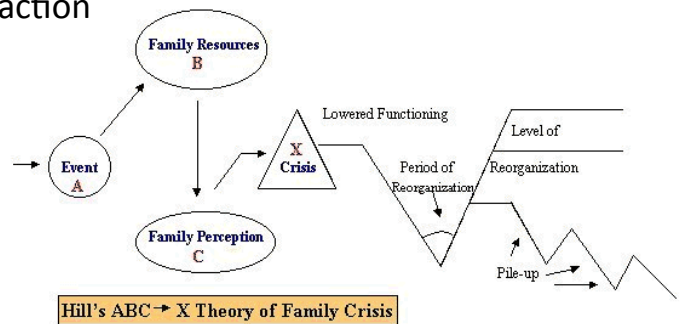
**Wellness**



## “Beating Stress”

### Introduction: Identify It

- ⇒ There are many kinds of stress: -Normal and Sudden Stressors
- ⇒ Stress results from the stressor, your reaction and your resources



- ◇ Understand stress and then consider how you react
- ◇ Determine what resources you have available such as friends, family, time, money, coping skills

### Coping Mechanisms:

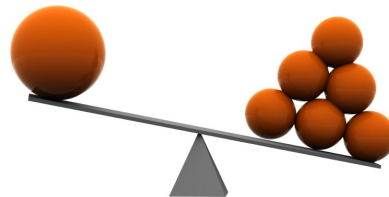
- ◇ Stopping, breathing, thinking and developing a plan
- ◇ Write down a plan
- ◇ Find a healthy outlet such as music, reading or socializing
- ◇ Forgive someone who is involved
- ◇ Seek trained professional help





**“Beating Stress”**  
**Daily Living**

- ⇒ Day to day stress can be healthy
- ⇒ Pile-up can create a tipping point



**Coping Mechanisms:**

- ◇ Planning a menu for the week
- ◇ Creating a grocery list in advance
- ◇ Using a calendar to organize events
- ◇ Packing lunches the night before school
- ◇ Making a to do list
- ◇ Find helpful apps
- ◇ Designate a time to shut down laptops or screen free time
- ◇ Build and rely on social relationships
- ◇ Go outside
- ◇ Reflect on how you decompress

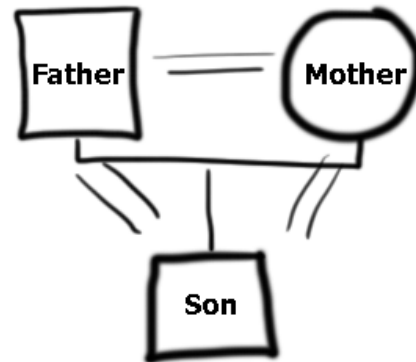




## **“Beating Stress”**

### **Family and Business Relationships**

- ⇒ Bowen’s Family system theory: Triangles of people in business or family relationships
- ⇒ Difficulty relating between generations
- ⇒ Importance of understanding family histo-



### **Coping Mechanisms:**

- ◇ Some people emotionally distance themselves from the situation
- ◇ Focus time and attention on another person or relationship
- ◇ Attempt to understand family history of oneself and partner
- ◇ Separate one’s personal feelings and thoughts from that of the family
- ◇ Consider your role in the misunderstanding
- ◇ Choose a different response for the future





**“Beating Stress”**  
**Financial**

- ⇒ Money is central to many misunderstandings and pressures
- ⇒ Money carries emotions with it and it is important to understand how you and those in close relationships (personal or business) value money



**Coping Mechanisms:**

- ◇ Don't spend what you don't have
- ◇ Create a savings account for emergencies
- ◇ Know your balance in banking accounts and on credit cards
- ◇ Talk about managing money in the beginning of a serious relationship
- ◇ Make a plan to meet goals that cost money
- ◇ Don't keep secrets about expenditures and have ground rules about discussing money
- ◇ Have regular financial meetings and make charts and lists to work through details of goals and money management





## **"Beating Stress"**

### **Wellness**

- ⇒ Although many people like to help others, caregiving takes a toll on the individual providing care
- ⇒ It is difficult to find time for personal wellness but caregivers are at a greater health risk than loved ones because caregivers neglect personal needs to care for others

### **Coping Mechanisms:**

- ◇ Caregivers need to care for themselves
- ◇ Exercise, eat right and have regular medical check-ups
- ◇ Reduce stress through deep breathing, laughing, talking with a friend and exercising
- ◇ It is not necessary to have a gym membership, power walking around your home or in the neighborhood is still helpful
- ◇ Call a friend or family member on the commute home
- ◇ Find a quiet place at home or work to close your eyes, calm your breathing and reflect for 5 minutes
- ◇ Set personal goals for socializing or earning an additional certification to prioritize the caregiver's goals
- ◇ To avoid caregiving burnout, ask friends or family for help with caregiving or access local support resource

