

STRESS MANAGEMENT *TOOLKIT*

BACK
ON
SIDE

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THE 5 RS OF STRESS MANAGEMENT

01.

RETHINK

Change the way you think about potential stressors and your ability to cope with the threat, harm, and loss you associate with them. Rethink techniques also help you manage the stress you feel when your goals and commitments clash with your values. Values conflicts are a common source of stress.

02.

RELAX

Try putting your mind and body into a relaxed state that cancels out the stress response. Relax uses techniques such as diaphragmatic breathing, meditation and visualisation, to relax your tense, achy muscles and slow down your runaway mind.

03.

RELEASE

Release stress related muscle tension and nervous energy in healthy ways by using mild, moderate, vigorous, and cathartic forms of physical activity to get rid of stress related energy and tension before it can lead to serious health problems.

04.

REDUCE

Cut back on the overall volume of stressors in your life and turn the remaining ones into challenges. Reduce techniques help you operate at peak performance and get the most out of each day.

05.

REORGANISE

Develop a hardier, more stress resistant lifestyle by increasing your level of wellness across all seven dimensions: physical, social, spiritual, emotional, intellectual, occupational, and environmental.

STRESS MANAGEMENT DAILY JOURNAL

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List 3 words to describe how you are feeling today:

List how you have implemented the 5 Rs today:

RETHINK:

RELAX:

RELEASE

REDUCE

REORGANISE

My favourite moment of today:

Tomorrow I look forward to: