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Stress Management Tips

- Keep in mind that stress isn't a bad thing.**
Stress motivates us to work toward solving our problems. Reframing thoughts to view stress as an acceptable emotion, or as a tool, has been found to reduce many of the negative symptoms associated with it. The goal is to manage stress, not to eliminate it.
- Talk about your problems, even if they won't be solved.**
Talking about your stressors—even if you don't solve them—releases hormones in your body that reduce the negative feelings associated with stress. Time spent talking with friends and loved ones is valuable, even when you have a lot on your plate.
- Prioritize your responsibilities.**
Focus on completing quick tasks first. Having too many "to-do's" can be stressful, even if none of them are very big. Quickly knocking out the small tasks will clear up your mind to focus on larger responsibilities.
- Focus on the basics.**
Stress can start a harmful cycle when basic needs are neglected, which leads to more stress. Make a point to focus on your basic needs, such as eating well, keeping a healthy sleep schedule, exercising, and other forms of self-care.
- Don't put all your eggs in one basket.**
People who are overwhelmed in one aspect of their life often struggle to deal with stress when that area is threatened. Balance your time and energy between several areas, such as your career, family, friendships, and personal hobbies.
- Set aside time for yourself.**
Personal time usually gets moved to the bottom of the list when things get hectic. However, when personal time is neglected, everything else tends to suffer. Set aside time to relax and have fun every day.

TIPS STRESS MANAGEMENT

Stress management worksheet answers

Following are some of the most common ways to deal with your daily stressors:

"Me time"

Take out time for your own self and enjoy the time with your own self, do things that you love. Listen to music, dance, anything that makes you feel relaxed and happy. Get a hobby, plant trees, get a pet, or read a book about anything that makes you happy, or go to a salon for a haircut or a mani-pedi.

Positive Journaling:

By maintaining a Positive Journal worksheet, you will be able to keep a track of all the positive things that have happened and keep happening in your life. This will make you a thankful and positive person. Such positive experiences will keep you motivated and won't let you lose hope. Writing is a cathartic process when you write positive experiences in a journal you let your negative feelings go away.

Relaxation:

Relaxation techniques are powerful techniques for learning to live in and enjoy the moment. Simply speaking, meditation is an exercise for your brain. When practiced regularly, meditation appears to decrease activity in the areas of the brain associated with negative thoughts, anxiety, and depression.

Exercise:

Go for a walk or a swim. Anything that relaxes your mind and gives you peace of mind. Physical exercise is very important, running releases endorphins. Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed. It doesn't really matter what kind of exercise you do, so long as you do it regularly.

Healthy Balance:

All work and no play is a recipe for burnout. Try to find a balance between work and family life, social activities and solitary pursuits, daily responsibilities, and downtime.

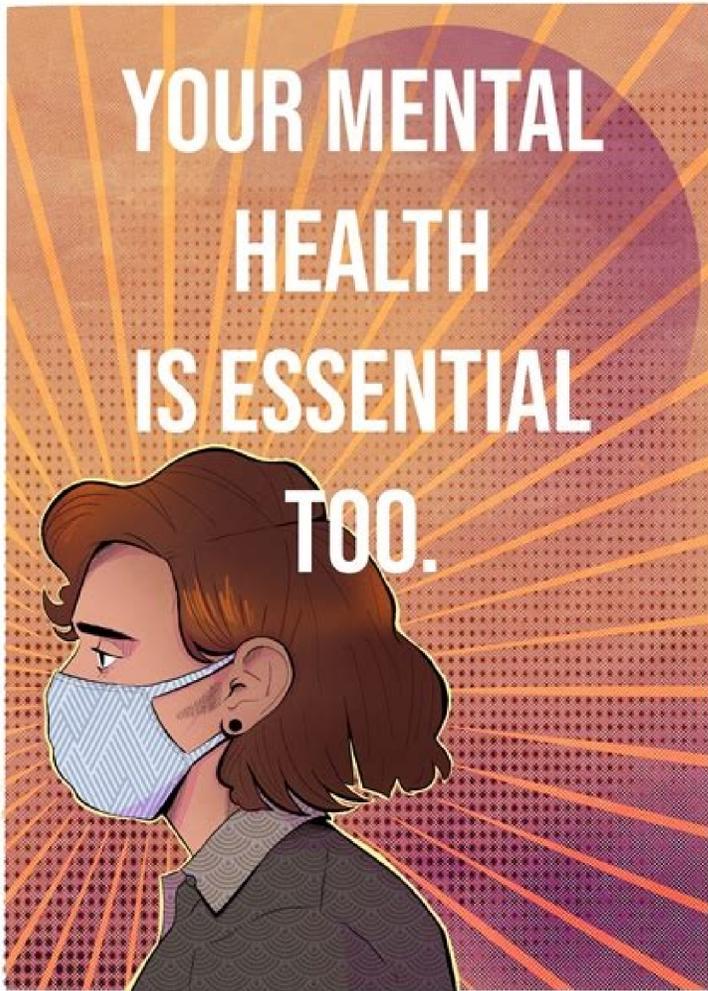
Music:

Listen to music whenever you feel that something is bugging you, to distract your mind from any triggering situation.

Paint:

Keep colors and paints with you and whenever you feel the need, use them. Colors play a very vital role in emotional regulation. Coloring has calming effects.

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1. Take steps towards thinking more positively. You don't have to turn into a Pollyanna, but try to acknowledge that there are some good things in life, and that they deserve to be celebrated. Once you acknowledge the positive in your life, you'll begin to re-establish some balance in your emotional register, and stress won't nudge its ugly head as easily.

Stop and count your blessings. Write down even the simplest things that you have and enjoy: a roof over your head, a bed to sleep on, quality food, warmth, security, good health, friends or family. Acknowledge that not everyone has these things.

- Say something positive to yourself as soon as you wake up every morning. This will keep your energy and mind focused on positive thinking. Be thankful for each day that you have; you never know which one could be your last!
- Use positive self-talk. Reinforce your resolve through positive statements such as, "I can handle this, one step at a time," or "Since I've been successful with this before, there's no reason why I can't do it again."
- Visualize positive things; this does not take long but can help you regain focus. Think about success, read about successful people. Don't admit defeat before you've been defeated. You don't deserve to beat yourself down so that you can punish yourself.

- 2. Be organized.** Set goals for what you need to achieve that day then write a "to do list". Add some breathing room in the middle of the day that will give you time to recharge. When writing your "to do" list:
- Know your limits. Be realistic about what you can and can't accomplish in a day; it's not helpful if you bite off more than you can chew and then castigate yourself for not getting it done.
 - Prioritize your tasks. Work on finishing the highest priority (most urgent/important) items first. Put low priority items on the bottom of your list.
 - Do your most unpleasant or most difficult tasks at the beginning of the day when you are fresh, thereby avoiding the stress of last minute preparation. Procrastination feeds stress!
 - Emphasize quality in your work, rather than sheer quantity. Take pride in having done something well as opposed to having done a lot of something.
 - Schedule your day, if possible, so that stressful scenarios don't overlap, reducing the number of stressors you must juggle at any one time. Stagger deadlines for large projects.
 - Review your goals at the end of the day and think about everything you have achieved. This is cathartic and will help you sleep better. Check off the things that you accomplished on the "to do" list.

3. Stop worrying about the things you cannot change. This especially comes with things such as politics, and often applies to other individuals. Learning to accept things as they are is an important coping mechanism, but not as easy as it sounds.

Ask yourself the following questions if you're the type of person who worries constantly about minor things:

- Is the problem a real problem you're currently facing, rather than an imaginary what-if?
- If the problem is an imaginary what-if, how likely is it to happen? Is your concern realistic?
- Can you do something about the problem or prepare for it, or is it out of your control?

Admitting to yourself that there's nothing you can do about a particular issue will go a long way in helping you adjust. Acknowledge that maybe you feed off of stress, like an adrenaline junkie feeds off adrenaline, but that in your case, it's becoming unmanageable.

How to Deal with Stress

1. Acknowledge
2. Emotional register
3. Nudge
4. Reinforce
5. Achieve
6. Castigate
7. Emphasize
8. Sheer
9. Scenarios
10. Stressors
11. Juggle
12. Stagger
13. Cathartic
14. Coping mechanism
15. Concern
16. Particular
17. Adrenaline
18. Junkie

Self-Care Assessment worksheet Grounding Exercise interactive Strengths Exploration worksheet Cognitive Distortions worksheet Anger Iceberg worksheet Worry Bugs interactive Boundaries Info Sheet worksheet Coping Skills: Anxiety worksheet What is the Cycle of Anxiety? video Symptoms of Stress worksheet Mandalas worksheet Mental Health Benefits of Exercise worksheet Progressive Muscle Relaxation interactive Beach Visualization interactive Stress Management Tips worksheet Introduction to Stress Management worksheet Social Support worksheet Mindfulness Walk interactive Self-Care Assessment worksheet Page 2 Symptoms of Stress worksheet Mandalas worksheet Mental Health Benefits of Exercise worksheet Progressive Muscle Relaxation interactive Beach Visualization interactive Stress Management Tips worksheet Introduction to Stress Management worksheet Social Support worksheet Mindfulness Walk interactive Self-Care Assessment worksheet Page 3 Symptoms of Stress worksheet Mandalas worksheet Mental Health Benefits of Exercise worksheet Progressive Muscle Relaxation interactive Beach Visualization interactive Stress Management Tips worksheet Introduction to Stress Management worksheet Social Support worksheet Mindfulness Walk interactive Self-Care Assessment worksheet What's going on in your life that you think if contributing to you feeling this way? What internal and external stressors do you have in your life right now? What physical symptoms do you experience when under pressure? Did you experience any physiological symptoms (tension, dizziness, nausea, etc.)? Why do I perceive this situation as dangerous? Stress is how the body responds to difficult and potentially dangerous situations. Experience of conflict, loss, or overcommitment can invoke the body's physical response. Coping strategies help you to deal with anxiety when it arises. Practicing your coping strategies regularly will keep it from building up over time. This can cause emotional and physiological response to difficult situations. People experience it in a variety of ways. Emotional responses can include worrying and a feeling of being overwhelmed. Physiological responses can include an increased heart rate, headaches, difficulty sleeping, etc. Having social support can do a lot to alleviate pressure in our lives. Talking about our problems and connecting with others causes our brain to release hormones that ease it. Think of a chronic stressor in your life or a recent situation in which you have experienced stress. What emotions did you experience as a result of that stressor? How balanced is your life? Use a scale of 1 to 5 to assign a rating to each area of your life according to how much attention you devote to it. Assign a 1 to things you devote little to no attention to and a 5 to things you devote a great deal of attention to. For each basic need that you have identified, think of steps you can take to ensure that basic need is met, even when you are feeling highly stressed. There is more than one kind of anxiety. Sometimes it can be good for us, like the kind of stress that comes from playing a game or meeting a challenge. Negative versions, however, like family or relationship problems, health problems, or other situations that worry us or make us feel threatened can take a toll on our mental and physical health. One of the simplest things you can do to reduce the experience of physical stress in your body is to slow down your breathing. When you take long, slow breaths from your diaphragm, you are telling your brain that you are safe. Sometimes we can reduce the amount of stress in our lives by using personal management techniques. This means identifying new behaviors or ways of thinking that we can incorporate into our lives in order to reduce stress. With scattered thoughts, sweaty palms, and my heart beating like a drum, I glance at the door and cannot remember anything I prepared. The interview is in 10 minutes, yet I want to run away. Sound familiar? Fear and anxiety lead to stress responses - cognitive, physical, and behavioral. Deeply embedded and automatic, they evolved to provide humans with warnings, guiding present and future behavior while attempting to maintain a relatively stable internal state known as homeostasis (Brosschot, Verkuil, & Thayer, 2016; Varvogli & Darviri, 2011). However innate these responses may be, there are ways to manage the stress you perceive. This article offers our favorite stress-management activities and worksheets to help you deal with whatever challenge lies in your path. Before you continue, we thought you might like to download our three Self-Compassion Exercises for free. These detailed, science-based exercises will not only help you increase the compassion and kindness you show yourself but will also give you the tools to help your clients, students, or employees show more compassion to themselves. A Note on Stress-Management Approaches Stress, or rather the perception of stressors, can be managed, and there are ways to do so: Preparation increases our sense of control and improves confidence. Relaxation reduces anxiety and restores focus. Maintaining physical health via a healthy lifestyle, balanced diet, and exercise underpins overall mental wellbeing. Another way to manage stress is to reframe our perception of it. Rather than see it as unwelcome and to be avoided, pressure can provide an essential opportunity for development and learning. Viewed as an opportunity to thrive, stress can be the motivation to perform at our very best and adopt a growth mindset (Lee, Park, & Hwang, 2016). In what follows, we will point you toward a range of useful worksheets and tools you can use to help your clients better manage stress. Several of these come from our own Positive Psychology Toolkit, which is a comprehensive resource containing more than 350 exercises, activities, interventions, questionnaires, and assessments you can use to support your clients. If you're looking for more ways to grow your coaching or therapy practice using engaging, science-backed tools, be sure to check it out. Keeping a Digital Stress Diary with Quenza An important first step for getting a handle on stress is to strengthen our awareness of when and how it manifests. Despite the dangers of experiencing prolonged stress, many of us are likely to be tuned out to our body's signals that we are experiencing stress. Likewise, we may not have stopped to consider the factors in our lives that are most responsible for causing us stress. To help strengthen your clients' awareness of the drivers and experience of stress, consider inviting them to complete a one-week stress diary. The purpose of a stress diary is to help them look for patterns and insights into the most common causes of stress in their life and their reactions to stressful events. From here, you can help your clients find effective ways of dealing with stress in the future. For a great, easy-to-administer tool, consider taking a look at the Stress Diary tool available via the blended care app Quenza. The platform features a growing library of pre-programmed psychoeducational activities, within which is the Stress Diary Pathway. This pathway invites clients to reflect on the day's stressful experiences for eight days and culminates in an in-depth reflection into the patterns of stressors, as well as the client's reactions to these across the eight days. If you're interested in learning more, you can try out Quenza's Stress Diary Pathway for yourself by taking advantage of the platform's no-risk 30-day trial. Our 3 Favorite Stress-Management Worksheets A 2019 report found that in the UK alone, 12.8 million working days were lost due to stress, depression, and anxiety. But help is at hand. Multiple, evidence-based stress reduction techniques have been shown to lower stress levels, "resulting in a reduction of disease symptoms, lowering of biological indicators of disease, prevention of disease and improvement of patient's quality of life" (Varvogli & Darviri, 2011). Many of these techniques are described below and will help you to manage stress in your life. 1. Breath Awareness Breathing exercises can be a powerful way to place your body in a relaxed state. Sitting in a comfortable position and drawing your attention to your breath can release tension and offer a method for ongoing relaxation and a tool to use for times of stress. Breath Awareness was created to help individuals cultivate a mindful awareness of their breathing and the present moment rather than get caught up in their thoughts. Once comfortable, clients are asked to release any unnecessary tension and tune in to their breath. They are invited to observe the moments and sensations in their body with each inhale and exhale, without trying to change anything. The exercise can be useful during moments of distress to unhook someone from their thoughts or as a mindfulness exercise. Try out the Breath Awareness worksheet and practice it daily. 2. Anchor Breathing Similar to the last activity, anchor breathing involves inhaling and exhaling consciously while focusing on the physical experience. In this exercise, clients are also instructed to imagine a peaceful scene - being on a boat, feeling calm and safe. Deep breathing techniques have been shown to lead to decreased oxygen consumption and heightened alertness. EEG recordings have also recorded increases in theta wave amplitude when participants engage in certain deep breathing exercises, which is associated with reduced symptoms of generalized anxiety disorder (Jerath, Edry, Barnes, & Jerath, 2006). By showing patients how combine mindful breathing with calming, peaceful visualization, Anchor Breathing provides an effective relaxation technique, reducing residual stress levels and providing support during acute episodes of stress (Varvogli & Darviri, 2011). 3. The Five Senses Worksheet Mindfulness can be cultivated by paying attention to what we observe and feel while using our different senses one at a time. During mindfulness practice, distractions are observed, and attention is gently returned to the body part receiving focus. This exercise works in a similar way to the Body Scan exercise, which helps clients cultivate a mindful awareness of different body parts. Evidence from functional magnetic resonance imaging found that body scan meditation heightens brain activity linked to increased awareness of the present moment, focus, and stress reduction (Sevinc et al., 2018). To read more about the steps involved, you can view or download The Five Senses worksheet. If you're looking for more tools, our free Mindfulness Exercises Pack includes the popular Leaves on a Stream tool and audio meditation, as well as two other mindfulness tools and audio files that you can download for free. 3 Activities to Help Manage Stress 1. Nature effect The powerful effect of being outdoors has been validated many times and should not be underestimated. Visitors to a park in Zurich were found to have significantly lower levels of stress, a reduced number of headaches, and a 40% increase in feelings of wellbeing. These positive effects were further elevated in those taking part in sports (Hansmann, Hug, & Seeland, 2007). While drugs and therapy are often used as treatments for soldiers returning home with post-traumatic stress disorder, the medications and treatment frequently have to be continued for many years without providing a lasting cure. In response, nature-based therapy has begun to receive increased scientific attention. In a 2016 study, veterans reported that merely being in the garden, often performing mindfulness activities, could improve the symptoms of their post-traumatic stress disorder (Poulsen, Stigsdotter, Djernis, & Sidenius, 2016). The simple act of getting out into an open space can provide stress relief. We delve deeper into this in our post on Environmental Psychology. 2. Exercise We are all aware of the physiological rewards of exercise, but the psychological benefits are equally impressive and backed up by research. A seven-week exercise program was found to improve people's moods; reduce perceived stress; and increase optimism, self-belief, resilience, and a growth mindset (Cassidy, 2016). Exercise regimes need not be extreme to be effective. Even modest levels of physical activity if performed regularly provide ongoing support for mental wellbeing, a growth mindset, and reduced levels of stress. A great way to inspire you to start exercising may be found in our article on Mindful Running and Exercises. 3. Mindful movement By replacing or combining some of our everyday car journeys with walking, we can become fully present in our day-to-day lives and improve mental health. Indeed, a trial in 2017 found that combining walking with relaxation techniques is a great way to reduce levels of stress (Matzer, Nagele, Lerch, Vajda, & Fazekas, 2017). Mindful walking combines the benefits of exercise, nature, and mindfulness. Its goal is not to reach a destination, but to build an awareness of the moment, using the feet to anchor in the present. Pleasant and unpleasant bodily sensations such as muscle soreness are merely observed without opinion and let go. Stress Management Within Therapy Sessions Many people seek help when stress makes healthy living difficult. Therapy can help address immediate difficulties and work on the underlying causes (Strauss et al., 2018). 1. Anxiety Record We often feel more vulnerable when we are asked to share what is making us anxious. The Anxiety Record helps individuals to understand what is causing their anxiety and learn appropriate coping skills. Using this worksheet, clients can record their anxieties, triggers, and their effects. Afterward, they are guided through a breathing exercise and asked to revisit their answers to the questions. A few prompts from this exercise are listed below. When do you feel anxious? What thoughts are you having before or during feeling anxious? Do you think these thoughts are realistic? What thoughts could you replace them with? Click to download the Anxiety Record worksheet and give it a try. 2. Biofeedback training Biofeedback builds on the concept of homeostasis introduced earlier. Using technology to measure and report brainwaves, skin temperature, breathing, and heart rate, the individual learns how to gain self-control over apparently involuntary bodily functions. A recent meta-analysis of 24 studies confirmed that biofeedback training led to improvements in coping and offers a promising approach for treating stress and anxiety (Goessl, Curtiss, & Hofmann, 2017). Individuals can ultimately learn to control their heart rate and blood pressure, reduce levels of stress, and even successfully treat high blood pressure and cardiac disease. Performed with a qualified therapist, these changes ultimately persist beyond the therapy (Varvogli & Darviri, 2011). Worksheets for Your CBT Sessions 1. Imagery Many of us experience spontaneous thoughts as images rather than individual words or an internal conversation (Beck & Beck, 2011). A child pictures an angry parent, and an employee imagines a demanding boss. They can be powerful, representing moments of fear or anxiety, and can be used in Cognitive-Behavioral Therapy (CBT) sessions. The following questions can form the basis of a conversation to explore a mental image and the individual's relationship with it, cognitively restructuring its interpretation. Consider the mental image Did you imagine what your boss might look like when you asked about the promotion? Can you imagine him now? What would he look like? How are you feeling? Can you see how you stopped at the worst image? Can you picture what happens next? And then? Do you feel better in the new image than before? Let's review from stopping at the worst image through to completion. Imagery can feel as real to the mind as being in the situation, so playing through images in advance can restructure thoughts and emotions and reframe the stress. 2. Daily Exceptions Journal A journal can be a fruitful way to track life's ups and downs. Positive CBT encourages monitoring the client's strengths and the positive outcomes of life rather than focusing on the negatives. By capturing what went well, it is possible to identify and record the skills and talents for reuse in other areas of your life. Subsequently, walking through the journal during therapy reinforces successes, provides praise, and encourages discussion of the problems overcome. Follow this link to download the Daily Exceptions Journal. 3. Printable Tools for Children Sensory awareness involves paying attention to a specific sensory aspect of the body. It can be a great way to teach mindfulness to children. Such activities can also improve focus, increase self-awareness, help regulate emotions, and reduce anxiety. 1. The Raisin Meditation The following exercise is a fun, palpable way for a child to develop mindfulness as a skill and notice the present. Work through the Raisin Meditation worksheet following the steps with the child, paying attention to each sense in turn. Children paying increased attention to their senses can learn to improve their focus and feel calmer. 2. Nature Play Ongoing research has recognized the importance of playing and spending time outdoors on children's mental wellbeing (Dankiw, Tsiros, Baldock, & Kumar, 2020). Practicing underused senses such as sound can heighten a sense of awareness and promote mindfulness. This can be especially true in an unfamiliar environment, including walking through the countryside with family. Step Sounds 1 Pause and listen 2 What can you hear that is nearby? 3 What can you hear that is far away? 4 What is the loudest sound? 5 What is the quietest sound? 6 Can you walk without making a noise? The questions can be tailored to the environment. Starting or pausing somewhere relatively quiet may assist the child's focus more at the start. Print the Nature Play worksheet here. 3. Anchor Breathing Anchor breathing can be quickly learned and helps a child to focus their mind on one point. Such mental training offers a valuable method for gaining perceived self-control and reducing stress. Step Sounds 1 Image being on a boat, feeling calm and safe. 2 Attached to the boat is an anchor. It keeps you there, where you want to be, and happy. 3 Our bodies, like the boat, also have anchors, and they can help us focus. Our belly, our nose and mouth, and our chest and lungs can help us feel grounded. 4 With your hands on your chest, breathe in deeply. 5 Breathe out slowly. 6 Feel your ribs rise and fall. 7 As your mind wanders, gently bring it back to the anchor point. The Anchor Breathing method also works with hands placed gently on the belly or in front of the nose. Top 3 Exercises for Helping Students Research published in 2013 reported that a seven-week mindfulness-based stress reduction training course used to medicine and psychology students resulted in significant improvements in both mental distress and study stress (de Vibe et al., 2013). The following three examples, along with the activities described above, can be learned quickly and implemented into a student's daily routine to help manage both acute and chronic stress. 1. Urge Surfing Coping with (often self-destructive) urges can be difficult, especially in times of stress. Such behavior can become a crutch, making us feel like we are taking control, when in reality, we are relinquishing it. Check out the following worksheet for Urge Surfing. Backed up by scientific research, mindful self-acceptance can teach individuals to observe their cravings rather than act upon them. 2. Meditation on the Soles of the Feet Meditation on the Soles of the Feet provides a safe space to work on managing strong emotions and regulating the urge to be aggressive, often a byproduct of stressful situations (Kruk, Halász, Meelis, & Haller, 2004). The individual is not asked to stop angry thoughts - anger does serve a useful purpose at times - but rather to bring them under control through a shift of focus. The client, standing or sitting with their feet on the ground, is asked to cast their mind back to a time that caused them to react very angrily. Then they are told to stick with those angry thoughts, letting them flow without hindrance. After that, they shift their attention to the soles of their feet. Stretching and moving their toes, they feel the texture of their socks, the surface of the ground, or the insole in their shoes. They maintain focus, breathing naturally until feeling calm and in control. Learning to manage anger more effectively reduces stress and anxiety, and increases feelings of control. Follow this link to download and use the Meditation on the Soles of the Feet. 3. Mindfulness Working through the Leaves on a Stream and anchor breathing techniques, which are part of our free Mindfulness Exercises Pack, will help students focus awareness on the present moment and acknowledge and accept their feelings, thoughts, and emotions. For Group Therapy Sessions Research has identified the benefits of combining mindfulness and group therapy to help manage stress and increase resilience and positivity (Seyyed Moharrami, Pashib, Tatars, & Mohammadi; Babakhani, 2017). Here are two great examples of group exercises in mindfulness. 1. Walking Down the Street The ability to observe, rather than react to, thoughts, emotions, and sensations is central to positive psychology. The challenge is that the event and our thoughts about it are far from being the same. The steps involved in the following exercise can be performed individually or in a group exercise, where everyone benefits from hearing one another's thoughts. Step Ask the group to: 1 Vividly imagine walking down a street and seeing someone they know well. They like the person and are happy to see them. 2 Make the image as real as possible: sights, sounds, smells, and bodily sensations. Become aware of and discuss associated thoughts and emotions. 3 Picture saying hello, while waving. 4 Imagine that your friend, rather than acknowledging you, walks by without a hint of recognition. 5 Consider how this makes you feel. Become aware of the thoughts that go through your mind. Walking through the scene and discussing it in the group can help to develop positive behavioral change by separating thoughts and feelings from impulses and actions and, importantly, shape feelings while breaking a negative cycle of thinking. Download and work through the Walking Down the Street worksheet. 2. Passengers on the Bus metaphor (revisited) The Passengers on the Bus metaphor, discussed above, can be used effectively in group settings. This time, members of the group are assigned roles on the bus. Explore the Passengers on the Bus Group Activity worksheet. Resources from PositivePsychology.com Building resilience helps clients bounce back from stressful situations and use coping mechanisms to turn them into opportunities for growth. The Realizing Resilience Masterclass provides guidance, along with a set of practical tools, to build a more resilient mindset. If you're looking for more science-based ways to help others develop self-compassion, this collection contains 17 validated self-compassion tools for practitioners. Use them to help others create a kinder and more nurturing relationship with the self. A Take-Home Message Stress does not have to rule us. Stress should not be allowed to prevent us from doing what we want or need to do. Instead, stress should be an enabler and drive us forward to build what we want and take on challenges that will allow us to grow. There should be no excuse to hide from stress or become overwhelmed by it. By using tools for coping and taking control, we can see stress as something natural that can invigorate and motivate us to overcome both planned and unexpected challenges. These activities we shared will definitely help you manage stress. However, there are many other stress-management techniques to try out too. Identify those that work for you and implement them into your life. You will reap the benefits, especially before the next job interview or presentation. Thank you for reading! We hope you enjoyed reading this article. Don't forget to download our three Self-Compassion Exercises for free. Arch, J. J., & Mitchell, J. L. (2015). An Acceptance and Commitment Therapy (ACT) group intervention for cancer survivors experiencing anxiety at re-entry. *Psycho-Oncology*, 25(5), 610-615. Beck, J., & Beck, A. (2011). Cognitive behavior therapy: Basics and beyond. Guilford Press. Bergstrom, C. (2018). Ultimate mindfulness activity book: 150 mindfulness activities for kids and teens (and grown-ups too!). Blissful Kids. Babakhani, K. (2017). The effectiveness of cognitive-behavioral therapy group on self-efficacy and quality of life of women with breast cancer. *Multidisciplinary Cancer Investigation*, 1(1). Brosschot, J. F., Verkuil, B., & Thayer, J. F. (2016). 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