

Stress and Health

Stress Relief Activities

Stress is an unavoidable fact of life. As a result, it's important to find healthy ways to manage stress. Today you will have an opportunity to try out a few different methods of managing your stress. Complete the questions that accompany each activity.

Activity #1: Drinking Tea

Pour yourself a small cup of tea. Before you take a sip, make sure you smell the aroma of the tea. Drink slowly, savor your tea and try to clear your mind of any concerns or worries.

What are the 3 stages of Hans Selye's general adaptation syndrome?

1. _____
2. _____
3. _____

Describe what happens to the body in each stage:

1. _____

2. _____

3. _____

Activity #2: Aromatherapy

Lavender is one of the most common herbs used to promote relaxation. Take a small amount of lavender lotion. Spend a full minute massaging it into your hands, while taking several deep, calming breaths.

Of the 3 most commonly studied stressors, which is most problematic for the average person? Circle one:

Catastrophes

Significant Life Changes

Daily Hassles

Explain how this type of stressor can contribute to hypertension (high blood pressure):

Activity #3: Meditative Coloring

Choose a coloring page that appeals to you. Pick 4-5 complementary colors to use for your page and allow yourself to forget your worries and focus simply on creating a pleasant image for 5-10 minutes. Pull out your coloring page and add some details whenever you are feeling stressed and need a little getaway.

Explain the difference between Type A and Type B personalities. How could each benefit from meditative coloring? Which personality type might struggle more with this relaxation technique? Why?
