



Build resilience
to face stress
successfully

What Is Stress?

Stress is your body's way of responding to danger. Not all stress is bad. It can help keep you motivated, but sometimes, stress can do more harm than good.

In today's busy world it's easy to feel overwhelmed and overstimulated by technology and social media expectations. Many of us thrive on the high level of energy stress brings, even if we don't realize it.

While we need to be connected and available, we also need to be able to unplug and allow our bodies and minds to rest.

Choose Strength Over Stress

Build Resiliency

Resilience is the ability to face and recover from challenges. It helps us manage stress and difficult situations. We can all develop more skills to be resilient.

People who have resilience still experience stress, they bounce back and can change their thoughts and actions more quickly.

Resilient people express the following qualities:

- Thrive in the midst of change
- Adapt easily to new circumstances and are flexible
- Get through tough situations with confidence
- Bounce back when experience a set-back

When Stress is Too Much

Stress can be a great motivator for meeting deadlines or getting things done, but how much stress is too much? Stress builds up in many ways, through major events or the daily hassles of life. As stress builds, it may affect our bodies.

Ways stress can show up:

- Extreme fatigue/weakness
- Teeth grinding
- Severe stomach pain or nausea
- Headache
- Shaking or trembling
- Difficulty making decisions
- Irritability
- Waking up tired
- Trouble falling asleep

SKILLS TO MANAGE STRESS

Use Your Tools

Building skills and tools to develop resilience to stress is a good place to start.

Make note of ways you already handle your stress. Think of people you turn to for support, activities to spend time doing, or how you manage your time.

Call a good friend, go for a hike, take a yoga class, or organize your calendar. These are a few ideas that may help you feel better.

Prioritize these activities when you start to notice stress coming on.

Self-Care

Spend time doing things that bring you joy. Exercise, Get plenty of sleep. Self-care helps you stay strong in moments of stress.

Recognize when you are likely to feel overwhelmed before it happens and plan extra “me” time to rejuvenate and rest.

Stay Positive

One way to cultivate more resilience to stress is to adjust how you think and view things.

Being hopeful that things will turn out for the best can help you release fear of what you cannot control or change.

Perception, Personality and Perspective

Do you know someone who doesn't let things bother them? They let everything roll off their shoulders. What about that person who worries about everything, including things they can't control?

Personality and perception play a part in how we manage stress. Unrealistic expectations and ideas may put pressure on yourself when things do not go as expect or planned.

Check-in with yourself to notice if your thoughts are realistic. Sometimes we feel overwhelmed or stressed about something that may not happen or has not happened. Recognize when to let go and shift your perspective.

When to see a doctor?

Sometimes it can be difficult to know when to see a doctor. Talk to your doctor or mental health professional if you experience the following for more than a few weeks:

- Feeling depressed or hopeless
- Not able to stop or control worrying
- Lack of interest in doing things you enjoy
- Thoughts of harming yourself or others

We care about your health and well-being and our staff of registered nurse care managers, wellness coaches, mental health professionals, and clinical pharmacists are here to help. If you have questions, please call 855-586-2568, Monday through Friday, 8 a.m. to 5 p.m. MT.