

# Managing Stress

Powerful Tools  
FOR Caregivers

[powerfultoolsforcaregivers.org](http://powerfultoolsforcaregivers.org)

# Managing Stress

- PTC Overview
- Challenges – Acute vs. Chronic
- Managing Stress
- Identifying Signs and Sources
- Taking Action: Stress-Reducers
- Making an Action Plan
- Relaxation / Closing

**Address your stress!**

# Acute vs. Chronic

Cures available

No cures

Short-term

Long-lasting

Return to normal

“Normal”  
changes

Dealing with certainty

Uncertainty

Acute  $\neq$  Chronic

# Steps to Managing Stress

1. Recognize warning signs EARLY.
2. Identify sources of stress.
3. Identify what **YOU** can and cannot change.
4. Take action.

# Stress

My Warning Signs

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My Sources

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# Results of Neglecting Stress

- Increased health problems
- Disrupted relationships
- “Burnout”
- Depression
- Decreased quality of care

# Barriers to Taking Action

- Can't think of what to do.
- Choosing a difficult activity.
- Postponing stress reduction.

# Stress Reducers: What I Can Do

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Parts of an Action Plan

- Something **YOU** want to do
- Reachable
- Behavior specific
- Answer these questions:
  - What?
  - How much?
  - When?
  - How often?
- Confidence level