

W.O.W.

WAC ON WELLNESS

STRESS MANAGEMENT GUIDE

Before we can manage stress, we need to understand what exactly is causing it. There are many different ways to identify stress. Making a list of potential stressors is a great place to start. Another good option is to talk things over with someone to help identify your emotions or issues. Once you have recognized what is causing the stress, take these steps to help manage it.



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If there is one specific issue.

Make a list of activities that suit your interests:
• walking • cooking/baking • coloring • playing a game •
• exercise • watching a funny movie • cleaning •
• calling a friend •

Pick one of those activities that will help you decompress.

Different activities will be beneficial for different situations. If you have an important work meeting coming up, calling a friend to talk about how stressed you are might elevate your anxiety. Exercise or coloring might be a better option because it will allow your mind to focus on something else.

Keep this list around for the next time you need to burn off some steam!

If there are multiple stressors.

Do a “brain drain” by listing anything and everything you need to accomplish or that is on your mind.

Sort that list into categories. From these categories, you will be able to see what is causing the majority of your stress. If you end up with one page full of work related issues, and only two issues in the family category, then maybe the fight you had with your spouse had nothing to do with them, and more to do with work stress spilling over.

Pick what issue you want to tackle first. Some will be easier than others, but the important thing is to get the ball rolling! Start with whatever you feel will mentally get you going in the right direction.

Keep this list around and continue to cross off items/issues when then get resolved. Continue to do the “brain drain” activity when you feel overwhelmed.

Visit www.thewac.com/wellnesscoaching for more information on our Wellness Program and Coaches.



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