

Resources

Saint Thomas Aquinas College
Counseling & Psychological
Services

125 Route 340 Sparkhill,
NY, 10976
(845)-398-4065

Crisis Prevention
(845)-364-2200



Citations:

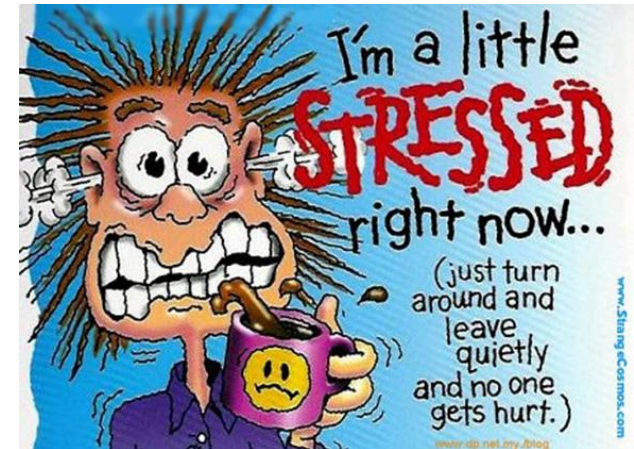
Meichenbaum, D. "Stress Inoculation Training for Coping with Stressors." Stress Inoculation Training for Coping with Stressors. N.p., n.d. Web. 03 Oct. 2014.

"Stress Inoculation Therapy - Dealing with Stress and Anxiety Management – Coping Mechanisms from MentalHelp.net." Stress Inoculation Therapy - Dealing with Stress and Anxiety Management – Coping Mechanisms from MentalHelp.net. N.p., n.d. Web. 03 Oct. 2014.

Feature, Jeannette MoningerWebMD. "How to Reduce Stress: 10 Relaxation Techniques To Reduce Stress on the Spot." WebMD. WebMD, n.d. Web. 03 Oct. 2014.

By: Tiara Jean-Charles

STRESSED MUCH?!



*"It's not the load that
breaks you, it's the way you
carry it!"*

-Lou Holtz

Signs of Stress

Physical Signs:

- Low energy
- Headaches
- Upset Stomach
- Diarrhea
- Constipation
- Nausea
- Aches
- Tense muscles

Emotional Signs:

- Easily Agitated
- Overwhelmed
- Difficulty relaxing
- Low Esteem
- Feelings of depression
- Procrastination
- Use of Drugs
- Nail biting, fidgeting

Management Techniques

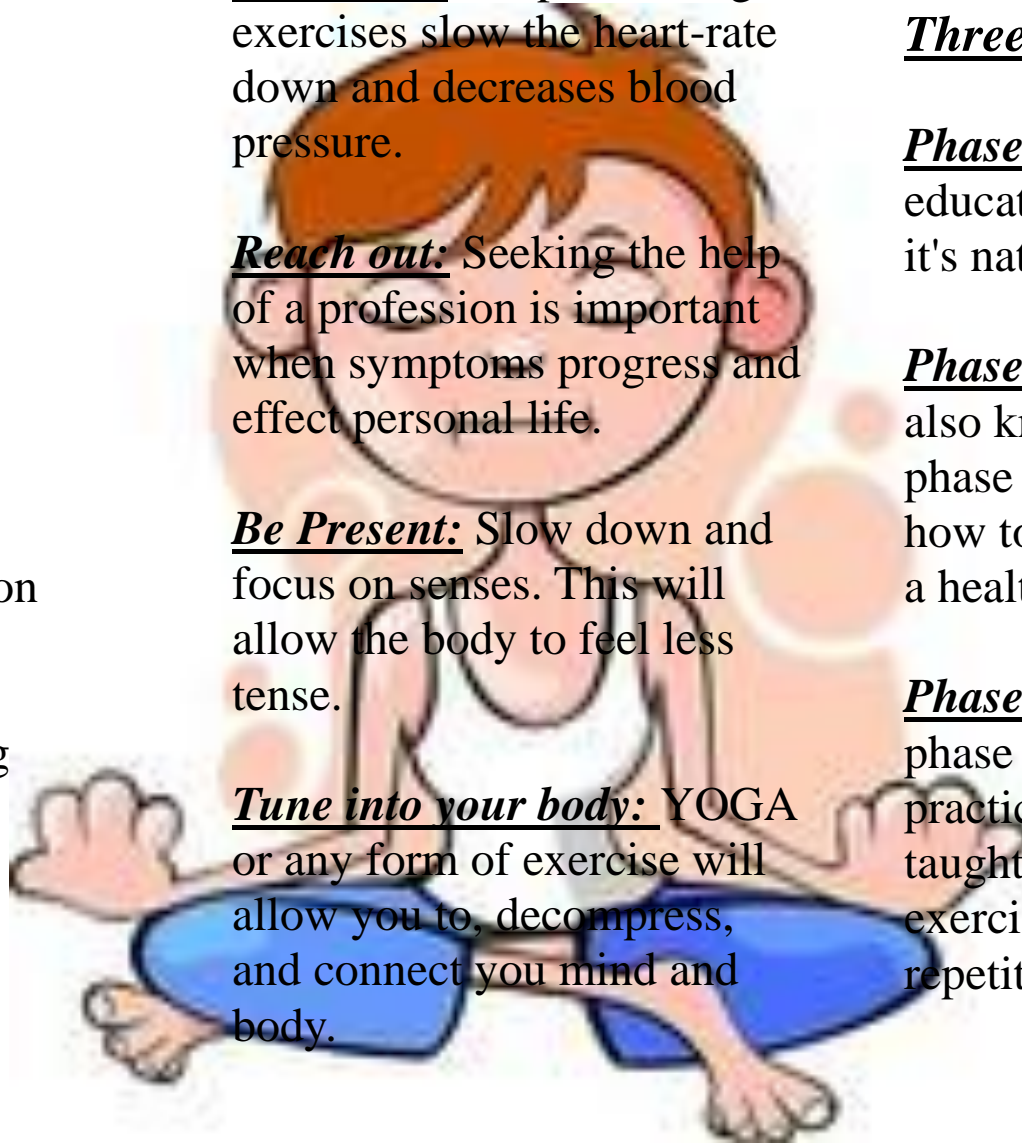
Meditation: allows the body and mind to be more resilient to stress.

Breathing: Deep breathing exercises slow the heart-rate down and decreases blood pressure.

Reach out: Seeking the help of a professional is important when symptoms progress and affect personal life.

Be Present: Slow down and focus on senses. This will allow the body to feel less tense.

Tune into your body: YOGA or any form of exercise will allow you to, decompress, and connect your mind and body.



Stress Inoculation Training (S.I.T.)

Techniques that are used to help people cope with stress ahead of time.

Three Phases of S.I.T.

Phase I: This phase is used to educate the person on stress, its nature and coping methods.

Phase II: The second phase also known as the rehearsal phase is used to teach people how to cope with their stress in a healthy way.

Phase III: The implementation phase is when the person practices the coping skills taught with the use of visual exercises, role play, and repetitious behavior.