

# STRESS BUSTER CHART

## STRESS BUSTER STRATEGY

1. Define your stressors
2. Prioritize your stressor – Divide and prioritize all stressors to reduce the intensity and load of stress on yourself.
  - (a) Survival stressors - deal with them first (b) Additional stressor -Deal with them based on your hierarchy of importance. Use multiple Stress Baskets to divide your stress up and pick up the one that requires your attention here and now.
3. Address your stressors
4. Deal with your stressor with SELF CARE

**STRESSORS OF LIFE**

**Question:** What is your source of stress? Can you identify and name them? What do you do?

**Solution:** Make a chart or draw multiple stress baskets on a sheet of paper. Pick up stressors from different areas or add new ones that are relevant to you. Define them specifically in your chart/basket.

Internal Factors	Life Demands	Family/Social/Relational/Interpersonal
Fear, Attitudes, Thoughts (irrational, negative), Beliefs, Conflicts, Approach	Academics, Housing, Finances, Social- Political Responsibilities, Life-Style Patterns, Social Justice Issues	Demands, Conflicts, Responsibilities, rooted within interpersonal interaction with family, friends, peers, colleagues, relatives, partners, significant other, children,

## HOW TO ADDRESS YOUR STRESSORS

Internal Factors		Life Demands	Family/Social/Relational/Interpersonal
<b>Do's</b>	<b>Don'ts</b>	Look for Resources Talk to People Proactively Seek help	Evaluate expectations Create personal space Engage in positive interaction Avoid or Reduce negative interactions
Know your strength	Focus on weakness		
Believe in yourself	Compare with others		
Activate problem solving skills	Give up		
Positive Thoughts, Beliefs, Self-suggestions	Engage in negative or irrational thoughts and believes		

Presence of COVID-19 demands various changes in life situation. It has added to Stress Basket or Chart, which is required to be reshuffled and reprioritized.

PLUS + COVID -19 STRESS	
Factors contributing to stress	
Social distancing	Internal fears
<ul style="list-style-type: none"> <li>• Interruption of Life</li> <li>• Shift in Life style</li> <li>• Uncertainty of future</li> <li>• Defining normalcy in less-than-normal situations</li> </ul>	<ul style="list-style-type: none"> <li>• Fear of Unknown</li> <li>• Fear of mortality</li> </ul>
HOW TO ADDRESS YOUR - COVID – 19 Stressors	
Do's	Don'ts
Acknowledge and define fears, changes and challenges. Share with someone reliable.	Hold on to fears or negative thoughts or let them pull you down.
Follow specific and limited reliable resources for information	Participate in rumors
Focus on positive aspects of Social Distancing Use isolation productively	Don't enhance negative thoughts about self or being by self
Find creative ways to engage and entertain self and others	Don't hold yourself from reaching out
Use of technology to connect and maintain emotional connectivity	Do not neglect medical advice.

DEAL WITH YOUR STRESSOR WITH – SELF CARE		
Physical	Emotional/Internal	Interpersonal
Healthy diet and regular diet regime	Music, movies, inspirational shows etc.	Focus on positive aspects of relationships
Hydration regime	Dance	Play interpersonal indoor games
Healthy sleep regime and sleep hygiene habits	Instrument playing	Interactive Sharing of various chores
Exercises, workouts, walks, run	Stress reducing music, audios, videos	Listening to audios, music's, podcast
Yoga, pilates, zumba etc.	Guided meditations	Watching movies, playing interactive video games
Dance	Affirmative self-suggestions	
Improve and maintain your immune system	Mindfulness breathing and other exercises	
Baths/showers	Reading	
Use of relaxing, stress removing beauty or hygiene products (aroma therapy, essential oils, Epson salt, candles etc.)	Playing and engaging with other family members or pets, indoor games etc.	