

# Stress Management

Stress management training can reduce the degree and intensity of your current stress reactions as well as help you develop skills for preventing additional, harmful stress reactions.

Stress management skills include:



**Relaxation** through deep breathing techniques, relaxation imagery, tension-relaxation contrasts, cue-controlled relaxation, and biofeedback

**Cognitive Techniques:** Review your attitudes and values, restructure your thinking, set goals, use positive imagery, rehearse mentally



**Behavioral Changes** to better manage interpersonal situations and distress--Check your assumptions, share your expectations with others

**Relationship Review:** Review past hurts, forgive, communicate feelings, listen, reward

