

# STRESS TEAM

## WAYS ADULTS CAN MANAGE STRESS AND GRIEF REACTIONS

- Let others help you. Talk about your thoughts and feelings as often as you feel the need. Identify friends, family, coworkers, counselors/therapists or spiritual directors who are helpful listeners. Repeatedly talking about the event and your reactions is part of the healing process.
  - Recognize that your feelings (sadness, sorrow, confusion, anger, etc.) are all more irritable at times.
  - Understand that current losses or traumatic events often resurrect prior losses, and that multiple losses can erode past coping strategies that seemed to work well for you.
  - Make a special effort to take care of yourself.
  - Make sure to get enough sleep. An increase in fatigue is common at these times.
  - Eat a balanced diet. You might even consider reducing caffeinated beverages.
  - Consider meditation, relaxation tapes, or listening to your favorite music.
  - Get physical exercise -- e.g., take a walk, walk the dog, garden, exercise, etc.
  - There is a temptation when the stress level is high to try to numb the feelings with alcohol and drugs. Substance abuse complicates the situation, rather than providing relief.
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- You may discover that you have to write things down or remind yourself more often.
  - Know and respect your personal limitations. Don't make unreasonable demands on yourself. Allow yourself to say "no" without feeling guilty.
  - Try to avoid feeling that you have to "get through this quickly" and "get back to your typical routine." Give yourself permission to slow down.
  - Don't be surprised if you do get back into a typical work and family routine fairly quickly. This can be reassuring and comforting to many.
  - Above all, be understanding of yourself and others.
  - What you are experiencing is typical for a traumatic situation.

