



COIN Weight Loss Program

Managing Stress for Success

Week 9

This week you will:

- ✓ Learn about stress and your stress triggers
- ✓ Identify strategies for managing your stress

Continuing to Think Beyond 'Calories in and Calories Out'

Last week, you learned about the importance of social support. This week, we will turn our attention to stress management. You will learn how stress affects you and explore what tends to cause you the most stress. You will then think about ways to manage stress.

Becoming an Expert on Identifying and Managing Your Stress

Stress can affect your day-to-day quality of life and health. Below are some of the most common effects of stress.

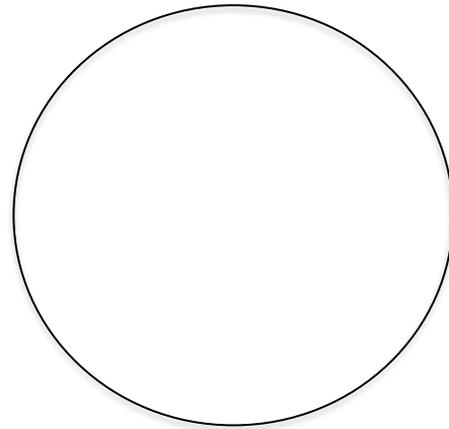
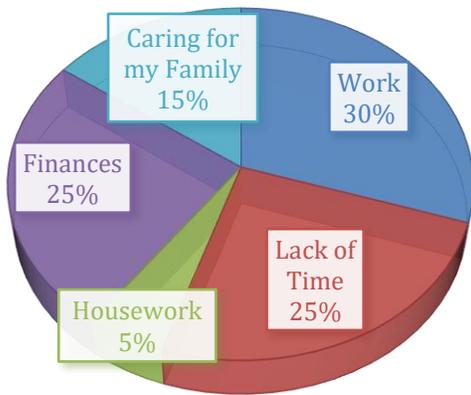
Common Effects of Stress
Body → Sleep problems, Headaches, Muscle tension, Pain, Upset stomach
Mood → Irritability, Overwhelm, Worry, Sadness, Low motivation
Behavior → Overeating, Anger outbursts, Drug/Alcohol use

In order to manage your stress you must first consider where it is coming from. Take a moment to think about your daily life.

What in your life causes you the most stress?

- Finances?
- A messy house or kitchen?
- Not enough time? Too many demands?
- Conflict with partner or family?
- Others?
 - Take some time to identify your stress triggers below.

Below, on the left, is an example of a **Stress Pie Chart**. Think about your own stress pie chart and divide it up on the pie chart on the right. What are the biggest pieces for you?



There are many good ways to relieve stress. Read through the list of stress busters below. Circle the ones that sound good to you?

Stress Busters

- Exercise
- Stretch
- Focus on your breathing
- Don't be afraid to say "No"
- Laugh and have fun
- Turn off your technology
- Pamper yourself
- Do your favorite hobby
- Listen to music
- Practice mindfulness
 - If you don't know what mindfulness is, don't worry, we'll be covering this topic next week in the COIN Program!
- What else works for you?

Stress busters not only help relieve stress when it hits you, they can also prevent stress from taking over in the first place. The next step is to:

1. **Determine which Stress Busters work for you.**
2. **Talk about them with your Coach.**
3. **Schedule them into your week!**

Please also read the following supplemental materials:

- AHA: What is Stress Management?
- Susan G Komen: Coping With Stress
- MD Anderson Cancer Center: How stress affects cancer risk