

Managing Life's Micro-Stressors

Objectives

- Define what micro stressors are. Discuss how they are different from major/macro stressors.
- Identify the common sources and causes of micro stressors.
- Describe techniques you can do daily and on your own to keep micro stressors from building up.

Micro stressors

- We are not always aware of the way we are being affected by micro stressors
- They are the daily hassles that you find irritating and frustrating
- They are the small things that pile up and deplete our resilience.

Sources of micro stress

- Your environment
- The workplace
- Relationships
- Perfectionism and our own expectations

Helpful Techniques to Keep Micro-Stressors from piling up.

Tip one

Isolate and act on 2-3 micro-stressors

- First, decompress, then narrow down your list.
- Identify the “normal” things, that if changed can have a big impact
- Reframe and see our stress in a different light

Tip two

Invest in activities and relationships that make you feel good

- Practice Mindfulness
- Develop healthy habits
- Form positive relationships

Tip three

Distance or disconnect from activities and people who create those micro-stressors in your life.

- Evaluate relationships and activities you have some control over
- Set boundaries for yourself and others
- Prepare in advance

Focused attention meditation exercise



In summary

- Don't accept micro-stressors as your destiny
- Be more aware
- Take a time out

Your Program

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Thank you!

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