

## 7S for Effective Stress Management

- **Sleep Well:** Aim for 7-9 hours of quality sleep per night. Restorative sleep helps your body and mind recover from daily stress.
- **Stay Active:** Regular physical activity, like walking, cycling, or yoga, releases endorphins, the body's natural mood lifters.
- **Seek Support:** Don't hesitate to reach out to friends, family, or a mental health professional when feeling overwhelmed. Talking helps.
- **Set Boundaries:** Learn to say "no" to unnecessary obligations. Protect your time and energy to focus on what truly matters.
- **Simplify Tasks:** Break down overwhelming tasks into smaller, manageable steps. Prioritize what's most important and tackle one thing at a time.
- **Savor Moments:** Practice mindfulness and gratitude. Enjoy the present moment by focusing on your breathing, surroundings, or a simple pleasure.
- **Self-Care Practice:** Engage in activities that relax and rejuvenate you, such as reading, meditation, hobbies, or spending time in nature.

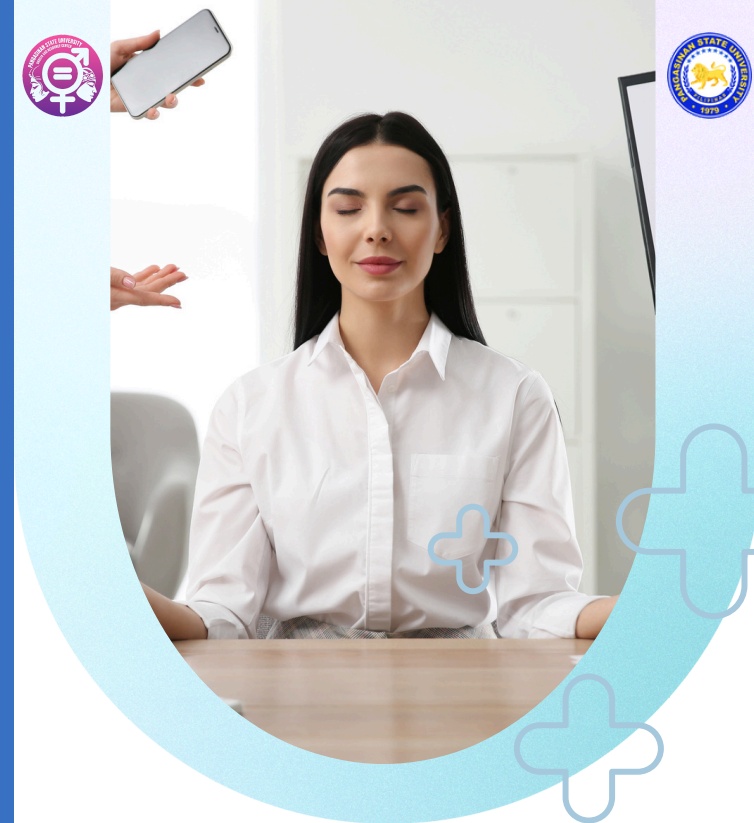


### You Can Overcome Stress!

Stress is a part of life, but it doesn't have to control your life. By understanding your triggers and applying the 7S strategy, you can effectively manage stress and improve your well-being.

### Resources for Further Support

- American Institute of Stress: [www.stress.org](http://www.stress.org)
- Mindfulness Apps: Headspace, Calm, Insight Timer



## GENDER AND DEVELOPMENT *in collaboration with* ADMISSION AND GUIDANCE

## 7S OF STRESS MANAGEMENT

*"Understanding Stress:  
Facts, Myths, and  
Strategies"*

**Dr. Beverly Fernandez**



## + What is Stress?

Stress is the body's natural response to any demand or challenge. While it can help you stay alert and ready to face challenges, too much stress can have serious effects on your mental and physical well-being.



## + Key Facts & Statistics

- **Widespread Issue:** Over 75% of adults report experiencing moderate to high levels of stress regularly.
- **Physical Impact:** Chronic stress can lead to health problems such as heart disease, high blood pressure, diabetes, and mental health disorders.
- **Workplace Concerns:** Around 83% of employees in the U.S. suffer from work-related stress, costing businesses up to \$300 billion annually due to absenteeism, reduced productivity, and turnover.
- **Mental Health Connection:** Stress is a leading cause of anxiety and depression, with nearly 70% of sufferers reporting that stress interferes with their daily lives.

## 7 S



Sleep Well



Stay Active



Seek Support



Set Boundaries



Simplify Tasks



Savor Moments



Self-Care Practice