



SMALL GUIDE TO

# STRESS MANAGEMENT

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# WELCOME

At the Amal Center for Women, we are delighted to present this stress relief guide, crafted with care and compassion to support you on your journey to inner peace. This comprehensive guide was born from our recent stress relief workshop given by nursing students from l'Université du Québec en Outaouais. It offers valuable techniques and practices to help you navigate life's challenges with resilience and serenity.

*- The Amal Team*



# TECHNIQUE #1

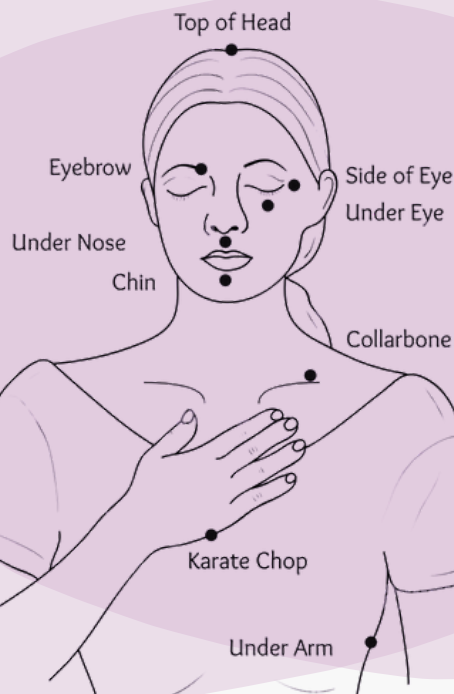
# EMOTIONAL RELIEF

1 - Evaluate my stress intensity on a scale of 0 to 10.

2 - 1st calling phrase by tapping on the karate point: Even though I'm stressed, I love and accept myself as I am.

3 - Tap the other points and name your emotion: I'm stressed

4 - Repeat the entire round, naming the positive emotion: I feel liberated.



## TECHNIQUE #2



# JOURNALING

Helps manage mental and emotional overload

Write down everything that's happening (fear, frustration, emotion), but also the joys and successes.

Use open-ended questions when you don't know where to start

There is no rule, it is a free writing exercise !



## TECHNIQUE #4



# MUSIC MEDECINE

It can be a powerful ally in managing stress, as it has the ability to soothe the mind and calm the body.

Music:

Supports healthy feelings and thoughts,

Brings about positive changes in mood and emotional states,

Reduces depressive symptoms

## TECHNIQUE #3

# ABDOMINAL RESPIRATION

Deep, intentional breathing plays a crucial role in managing stress by activating the body's relaxation response and calming the mind. Incorporating mindful breathing techniques into daily routines can empower individuals to find solace amidst life's pressures and foster a sense of balance and well-being.

### Instructions:

- Getting into a comfortable position
- Close your eyes
- Place one hand on your chest and the other on your stomach
- Inhale deeply and slowly through your nose, inflating your abdomen
- Hold your breath for about five seconds before exhaling
- Exhale gently through your mouth, drawing in your abdomen and letting the maximum amount of air out of your lungs
- Repeat the cycle as many times as you like. You can do this every day for 5 to 10 minutes.





As we conclude this guide, the Amal Center for Women extends our heartfelt appreciation to all those who joined us in the stress relief workshop. Together, we have taken a significant step towards cultivating a healthier and happier community. Remember, your well-being is our utmost priority, and we stand by you on this journey of growth and healing. Let's continue empowering one another and creating a future filled with strength and resilience.

## *More Resources :*

INFO-SOCIAL : 811

AMAL CENTER FOR WOMEN: 514-855-0330 #1

TEL-AIDE QC: 1-877-700-2433 / TELAIDE.QC.CA

RELIEF: 1-866-738-4873 / RELIEF.CA/RELIEF-1/BESOIN-AIDE

SOS VIOLENCE CONJUGALE: 1-800-363-9012

PHOBIES-ZÉRO: 514-276-3105 / 1-866-922-0002

ÉCOUTE ENTRAIDE: 514 278-2130 OUI- 855 EN LIGNE (365-4463)

LE CENTRE DE CRISE DE QC: 418-688-4240

NINA HELPING: 1-888-315-6472