TEN WAYS TO MANAGE STRESS

Instructions: Refer to this list in times of stress; use one or more of these reminders, or select others that work, to help manage the added stress.

Choose How to Spend Your Time/Energy

Set priorities
Take time out when needed

Build Your Strength and Endurance

Exercise, physical activity
Good nutrition

Create a Supportive Environment

Get rid of clutter
Surround yourself with what you like—art, music, furnishings

Learn To Relax At Will

Deep breathing
Massage, warm baths, back rubs
Progressive relaxation
Biofeedback
Visualization
Yoga
Hobbies
Meditation

Manage Your “Self-Talk”

Choose to think positively
Translate worry into action
Mentally rehearse positive outcomes to stressful situations
Learn to turn off your inner critic

Learn To Laugh

Look for the humorous side of situations
Seek out sources of humor—books, movies, people

Practice Saying “No”

Let someone else do it
Save your strength for the really important things
Ask For help
You don’t have to do it all yourself
“Give away” some problems and tasks

Pay Attention
To the small, daily pleasures of life
To the present, fleeting moment

Take the Long View
How important will this crisis be one year from now?
What were you worried about one year ago?
What is really important to you?