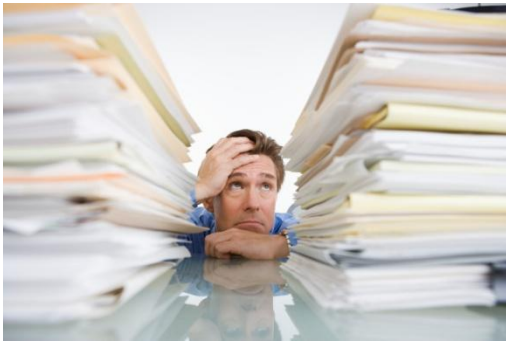


WAYS TO MANAGE STRESS Handout 2



Long-term ways to manage stress requires you to develop strategies that head-off the negative impact of stress. The key to stress management is organization. Some of the things that work are very simple changes in your habits. Others require more thought. Check the ways to manage stress that are a part of your daily routine.

Ways to Manage Stress

- Think positively and surround yourself with others who do so.
- Don't demand too much of yourself. Ask for help.
- Accept that you can't control everything and be flexible.
- Make a list of things to do each day and set reasonable priorities. (Get Organized)
- Divide big tasks into smaller ones.
- Eat healthily and avoid sugar.
- Get plenty of sleep each night.
- Exercise some each day to boost energy and improve your mood. Don't sit too long. Use stairs instead of elevators.
- Make time to relax. Listen to music, meditate, read or do something you like.
- Avoid alcohol, tobacco and drugs which act as a pacifier to stress & aggravates stress.
- Use mistakes to learn.
- If possible, "no" to tasks that you know will be stressful for you.
- Talk about things with a friend so that frustrations don't build up.
- Appreciate nature.
- Laugh and have fun.
- Let yourself cry.

What three strategies that you feel you need to improve on?
