



## Twelve (Foolproof) Ways to Deal with Stress

- 1** Exercise daily (15 to 20 minutes).
  - 2** Learn to relax. Practice daily in a peaceful, quiet setting. Let go of the negatives. Develop visual imagery.
  - 3** Talk it over. Share your problems with a friend, a relative, or a mental health professional.
  - 4** Stroke and talk to animals. Studies show blood pressure goes down. Even watching tropical fish has a soothing effect!
  - 5** Set life goals. Are you living in the fast lane? Find out what is really important to you, then weed out frantic activities which don't really further your own values and goals.
  - 6** Expect to be successful and move confidently toward a win. When you catch yourself worrying, ask, "Does worrying further my goals? Am I uptight about nothing?" Reject worries; many people worry out of love and concern or from guilt. Give yourself permission to be free of worry.
  - 7** Talk to yourself about success! Be generous in self-praise. (Begin to notice how you talk about yourself in conversations.) Refuse to think about what you cannot change or about things in the past which you cannot change! Remember, humans do not have rewind buttons.
  - 8** Plan your time. Be realistic—don't try to do too much.
  - 9** Take a break. Occasionally change the pace (for no reason, just to do something different).
  - 10** Interact with other people in a positive way. Talking, joking, touching, hugging—all ease the tension and dispel feelings of loneliness. Laughter is often the best medicine.
  - 11** Avoid too many big changes at one time.
  - 12** Get plenty of sleep. Eat right (good fuel keeps the car running smoothly!) Pamper yourself — You're the best!!
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