

Coping with Stress

NUTRITION AND REST are basic components of overall health. Make sure your body's physical needs are being met.

TALK IT OUT Talking over your worries with someone you trust can relieve tension and help bring problems into perspective.

WALK IT OUT A brisk walk and other physical activities are proven ways to work off tension and increase well-being.

PAY ATTENTION TO YOUR THOUGHTS Avoid negative thinking, limiting thoughts like "this will never get better"; put-downs to yourself "I'm a loser" and create realistic messages about your abilities.

CLARIFY YOUR VALUES AND PURPOSES IN LIFE Build your world around these.

SIMPLIFY, SIMPLIFY, SIMPLIFY Too many possessions and too much activity can overwhelm. Get rid of unwanted and/or unnecessary items and activities.

TIME MANAGEMENT can be learned and practiced if that is a problem for you.

MAKE TIME FOR LEISURE All work and no play is not healthy, Schedule time to do things that you enjoy.

PACE YOURSELF Do one thing at a time; do the less pleasant tasks first and take breaks often if you are feeling overwhelmed.

SAY "NO" TO SOME REQUESTS Remind yourself that you are not the general manager of the universe and saying "no" now and then is okay.

RELAX YOUR STANDARDS Ask yourself the question: "am I human?"; realize you (and others) are not perfect and can make mistakes. Do your best and leave the rest.

AVOID BASEMENT PEOPLE People who drag you down and feed into your stress. Hang around positive friends who help build you up.

LET GO of resentment, jealousy, and distrust; they will drain your energy and joy.

COUNT YOUR BLESSINGS even if everything seems to be going wrong, there are many things for which to be thankful ... count 'em.

NURTURE FAMILY AND FRIENDS They are anchors in our lives. Lean on them, give as well as take.

CONTRIBUTE TO OTHERS Giving of yourself creates a feeling of purpose and accomplishment.

MAINTAIN INTEGRITY, HONESTY AND SELF-RESPECT Looking yourself in the mirror at the end of the day and knowing that you've done what's right, brings inner peace and self-respect.

CULTIVATE SPIRITUALITY Find your sense of purpose through your own definition of spirituality.