

stress management

(strɪs mænɪdʒ-mənt)

v. the practice of not stressing out

Feeling a little stressed with all your commitments and responsibilities?

Here are some strategies to reduce the amount of stress in your life:

- ★ Take charge – don't let other people, deadlines, or an overload of commitments run your life for you
- ★ Change your perception – learn to view situations as a result of your choices, rather than as a victim of situations
- ★ Self-affirmation – making positive statements about yourself will help you think more highly of yourself
- ★ Take good care of yourself – eat healthily, drink plenty of water, get adequate sleep, and exercise regularly
- ★ Develop your time management skills
- ★ Set practical goals and keep a positive attitude
- ★ Make a to-do list
- ★ Confide in a friend
- ★ Do breathing exercises to relax
- ★ Smile and laugh!
- ★ Avoid making too many big changes in your life at the same time
- ★ Delegate tasks if you can
- ★ Plan ahead – don't procrastinate
- ★ Get organized



define yourself. get involved.

- ★ Meditate or do yoga (or stretching exercises) to help loosen tight muscles and relieve tension
- ★ Write in a journal daily
- ★ Take breaks
- ★ Ask yourself, "is this worth being upset over?"
- ★ Do not use alcohol or other drugs to reduce stress
- ★ Remember, you can't avoid stress but you can learn ways to deal with it better

Take time to work,
 It is the price of success.
 Take time to think,
 It is the source of power.
 Take time to play,
 It is the secret of perpetual youth.
 Take time to read,
 It is the foundation of wisdom.
 Take time to be friendly,
 It is the road to happiness.
 Take time to dream,
 It is hitching your wagon to a star.
 Take time to love and be loved,
 It is the privilege of the gods.
 Take time to look around,
 The day is too short to be selfish.
 Take time to laugh,
 It is the music of the soul.

 - An Old Irish Prayer

References:
 Channing L. Bete Co., Inc. (1997). Stress: Don't let it get you down.
 The Leader Reader. University of Illinois at Urbana-Champaign
 Hill Health homepage. www.hillhealth.com



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