

TIPS FOR HEALTHY STRESS MANAGEMENT

1. Practice Relaxation – Relaxation is the body’s natural antidote to stress. Simple breathing exercises, meditation, yoga, taking a bath, reading or playing with a pet are all simple ways to relax.
2. Exercise – The experts all agree that getting regular exercise help people manage stress. There is a variety of fun and easy to do exercises- so explore a few until you find one YOU enjoy. Jogging, walking, swimming, bike riding or even physical activities (yes, including housework) can help relax you. Keep in mind that compulsive exercise can contribute to stress, so exercise in moderation.
3. Eat Right – Eat a balanced diet and limit junk food. If you give your body the right fuel, then it will handle stress better.
4. Practice Time Management – Avoid over scheduling and allocate enough time to get things done. If you are pinched for time, prioritize your responsibilities and consider cutting out an activity or two.
5. Say No – Take a moment to consider your decisions carefully so that you are not pressured into situations that you find stressful. In other words, if you are afraid of heights, do not agree to climb Mount Everest for charity!!
6. Positive Thinking – Your outlook, attitude and thoughts influence the way you see and handle things. A healthy dose of realism and optimism can help you make the best of stressful circumstances.
7. Sleep - A good night’s sleep helps keep both body and mind in top shape making you better equipped to deal with negative stressors.
8. Set Realistic Expectations – Remember, no one is perfect! Do your best and your efforts will be recognized. Set realistic expectations for others as well, seeking perfection can increase stress levels.
9. Identify Personal Coping Skills – Jot down or make a mental note of the activities or coping mechanism that suit your personality and temperament. You can quickly assuage instances of stress by referring to this list.
10. Retreat – Remove yourself from the stressful situation if you can, even if only for a moment - and breathe!!