Stress Management

Everyone experiences stress to some degree in some way. It’s impossible to completely eradicate stress, but it is possible to reduce and manage it. Here are some of the common causes of stress and some links to strategies to help you alleviate and manage your level of stress.

Common Causes of Stress

Overwhelmed because you try to do too much at one time

Poor time management

Procrastination

Being disorganized

Doing everything yourself

Not saying, “No”

Making poor decisions

Blaming others and not taking responsibility for your actions/decisions

Click on any of the links below to get strategies for reducing and managing your stress:

Rational Thinking

Problem-solving

Self-care

Time Management

Procrastination

Assertiveness