



stress strategies

MANAGING STRESS

Stress management is the ability to maintain control when situations, people, and events make excessive demands. What can you do to manage stress? Here are some strategies.

Stress symptoms have mental, social and physical manifestations. Symptoms include: loss or increased appetite, headaches, crying, sleeplessness or oversleeping; escape through alcohol or drugs; feelings of alarm, frustration or apathy.

Here are some things you can do to manage stress:

Set realistic goals for yourself.

Reduce the number of events going on in your life to lessen your load.

Remove yourself from the stressful situation.

Give yourself a break if only for a few moments daily.

Don't overwhelm yourself.

Handle each task as it comes, or selectively deal with matters in some priority.

Don't sweat the small stuff.

Try to prioritize a few truly important things and let the small stuff slide.

Learn how to best relax yourself.

Meditation and breathing exercises have been proven to be very effective in controlling stress.

Try to be positive.

Give yourself messages as to how well you can cope rather than how horrible everything is going to be.

Get enough sleep and exercise.

Lack of rest aggravates stress. Any form of physical activity will give you outlets for your stress.



Source: <http://www.studygs.net/stress.htm>