

WAYS TO HANDLE STRESS

Ask for support from friends.
Surround yourself with things you love.
Let yourself accept what you cannot change.
Allow yourself time alone: read, eat out, go to movies.
Give yourself a “day of sloth”, nothing you have to do.
Let your religious beliefs comfort you.

WHEN YOU ARE TENSE:

Relax, breath slowly, do neck rolls.
Take a hot bath and let yourself soak.
Massage tight muscles.
Do stretching exercises, yoga.
Work off your tensions; cleaning, gardening, working on hobbies or playing sports.
Ask yourself; Am I expecting too much from myself or others?
Tell yourself: I am all right as I am. No one expects me to be perfect. Being perfect doesn't necessarily bring happiness.
I can give in to others.

WHEN YOU ARE OVERLOADED:

Establish routines.
Minimize changes.
Learn how to delegate responsibility.
Avoid overcommitments by learning to say “no”.
Reduce tasks into manageable parts.

WHEN YOUR PERSONALITY SEEMS TO INTENSIFY YOUR REACTION TO STRESS:

Verbalize your positive qualities.
Accept compliments.
Be assertive.
Use time well.
Practice concentration.
Use thought-stopping.
Keep a journal; in it, clarify:

How so I want to change?
What do I like about myself?
What do I dislike about myself?
What do I like doing?
What do I dislike doing?
What is unique about my life?

What contributes to my mental health?
Mental stress?
How do I feel about myself, my friends,
My work, my life?
How do I want to cope with stress?