



# Tips *for* Stress Management

## Identify Stress Triggers

List the situations that cause worry, stress and tension, and note how the stress affects you, your relationships and your job. It will be easier to relieve your stress when you know what is causing it.

## Learn to Say No

If you are feeling overwhelmed, simplify your life by eliminating activities that are unnecessary or stressful. Stop taking on more than you can or should handle.

## Balance Work and Play

Spend quality time with your family, play games or do something creative.

## Keep Things in Perspective

Avoid overreacting to minor issues that are out of your control. Do not sweat the small stuff.

## Think Positively

Look for the positive in every situation and surround yourself with others who do as well.

## Stay Active

Try to get 30 minutes of moderate exercise most days of the week. Exercise helps reduce stress and improves the health of your body and mind.

## Make Time for Yourself

Meditate, listen to music, get a massage, or engage in activities you enjoy such as reading, gardening or sports.

## Laugh Often

Laughter can be contagious and is a natural stress reliever. Find ways to add humor and laughter to your life so you can help others around you laugh more often too.

## Breathe

Take several slow, deep breaths before you begin to deal with a stressful situation. This will calm you down and give you time to think about the best way to respond to the situation.

## Get Enough Sleep

Try to get plenty of sleep each night. Being well rested can help you deal with stress more effectively.

## Get Organized and Prioritize

Keep a calendar and list your tasks and activities for each day. This can eliminate the feeling of being overwhelmed and help avoid forgetting something important. Rate each task in order of importance or urgency.

## Ask for Help

Communicate with friends, family or a health professional to let them know your thoughts and feelings. Let others provide love, support and guidance.



Simplify your life by eliminating activities that are unnecessary or stressful.