



## **How Can you Reduce Your Stress?**

*You may not be able to get rid of stress, but you can look for ways to lower it.*

**Take Care of Your Mind, Body, and Spirit** - *This is different for everyone. What do YOU need to fill yourself – mind, body, and spirit?*

**Remove yourself from the stressful situation** - Give yourself a break if only for a few moments daily

**Don't sweat the small stuff** - Try to prioritize a few truly important things and let the rest slide

**Learn how to best relax yourself** - Meditation and breathing exercises have been proven to be very effective in controlling stress. Practice clearing your mind of disturbing thoughts. Try 2:1 breathing – breathe in for a count of two, and exhale for a count of 4 (can be done breathing in any number, and exhale twice as long).

**Change the way you see your situation; seek alternative viewpoints** - Stress is a reaction to events and problems, and you can lock yourself in to one way of viewing your situation. Seek an outside perspective of the situation, compare it with yours, and perhaps lessen your reaction/responses to these conditions.

**Avoid extreme reactions** - Why hate when a little dislike will do? Why generate anxiety when you can be nervous? Why rage when anger will do the job? Why be depressed when you can just be sad?

**Do something for others** - help get your mind off yourself.

**Learn better ways to manage your time** - You may get more done with less stress if you make a schedule. Think about which things are most important, and do those first.

**Find better ways to cope** - Look at how you have been dealing with stress. Be honest about what works and what does not. Think about other things that might work better.

**Take good care of yourself** - Get plenty of rest. Eat well. Do not smoke. Limit how much alcohol you drink.

**Work off stress** - with physical activity, whether it's jogging, tennis, gardening, etc.

**Try out new ways of thinking** - When you find yourself starting to worry, try to stop the thoughts. Work on letting go of things you cannot change. Learn to say "no."

**Try to "use" stress** - If you can't remedy, nor escape from, what is bothering you, flow with it and try to use it in a productive way.

**Ask for help** - People who have a strong network of family and friends manage stress better.