

How to Cope with Stress

Learn to manage your time. Make and follow a daily schedule that includes time for work, family, meals, exercise, and some fun time.

Set priorities and make the most of your opportunities as an individual. Write down the most important items and concentrate on those at the top of your list. Writing ideas down helps organize your thinking and reinforces important goals.

Learn to say “no” to some of the demands for your time. Protect your own best interests by refusing to allow yourself to become overstressed by taking on every request or opportunity that comes your way.

Make careful planning a basic part of your daily routine. In a person’s sometimes hectic world, poor planning often leads to crisis situations and crisis almost always leads to stress.

Incorporate healthy practices into your daily schedule to help you let go of stress (e.g. exercise, meditation, music, muscle relaxation, warm baths, social conversation, deep breathing, vacation).

Seek professional help, if needed.

Tips for Stress Management



What is Stress?

Stress is the body's reaction to any demand, pressure, or strain placed on the body.



What is "good" stress ?

"Good" stress arises from the demands of a pleasurable activity. It utilizes an adrenalin surge to lend the necessary energy for maximum productivity.

What is "bad" stress?

"Bad" stress is having a chronic feeling of being overwhelmed, oppressed, and behind in your tasks with little opening for relief.

Why do we "stress out"?

- Changes in life has an unsettling effect.
- Feeling challenged or threatened by an outside force.
- Experiencing a loss of personal control.

Symptoms of Stress

Physical symptoms of stress:

- Headaches
- Fatigue
- Gastrointestinal problems
- Inability to focus
- Lack of concentration
- Sexual problems
- Sleep disturbances
- High blood pressure
- Sweating palms/shaking hands
- Anxiety
- Heart problems

Behavioral symptoms of stress:

- Irritability
- Over-eating or under-eating
- Harsh treatment of others
- Increased smoking
- Increased alcohol or drug use
- Isolation from others
- Compulsive shopping