

Top Ten Strategies for Effective Stress Management

Organize Yourself.

- Take better control of the way you're spending your time and energy so you can handle stress more effectively.

Control Your Environment by Controlling Who and What is Surrounding You.

- In this way, you can either get rid of stress or get support for yourself.

Love Yourself by Giving Yourself Positive Feedback.

- Remember, you are a unique individual who is doing the best you can.

Reward Yourself by Planning Leisure Activities Into Your Life.

- It really helps to have something to look forward to.

Exercise

- **Exercise Your Body Since Your Health and Productivity Depend Upon Your Body's Ability To Bring Oxygen and Food To Its Cells.**
- Therefore, exercise your heart and lungs regularly, a minimum of three days per week for 15 to 30 minutes. This includes such activities as brisk walking, jogging, swimming, aerobics, etc.

Relax

- **Relax Yourself by Taking Your Mind Off Your Stress and Concentrating on Breathing and Positive Thoughts.**
- Dreaming Counts, along with meditation, progressive meditation, exercise, listening to relaxing music, communicating with friends and loved ones, etc.

Rest

- **Rest Yourself as Regularly as Possible.**
- Sleep 7-8 hours every night.
- Take study breaks. There is only so much your mind can absorb at one time. Your mind needs time to process and integrate information. As a general rule, take a 10 to 15 minute break every hour.
- Rest your eyes as well as your mind.

Be Aware of Yourself.

- Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, colds/flu, excessive tiredness, etc.
- Remember, these can be signs of potentially more serious disorders (i.e., ulcers, hypertension, heart disease).

Feed Yourself / Do Not Poison Your Body.

- Eat a balanced diet.
- Avoid high calorie foods that are high in fats and sugars.
- Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for some people to concentrate.
- Remember, a twenty minute walk has been proven to be a better tranquilizer than some prescription drugs.

Enjoy Yourself.

- It has been shown that happier people tend to live longer, have fewer physical problems, and are more productive.
- Look for the humor in life when things don't make sense.
- Remember, you are very special and deserve only the best treatment from yourself.