

# COPING WITH STRESS

1. Can I change the situation? (i.e. talk the problem out – walk home a different way, etc.)
2. Can I change myself? What we tell ourselves about the situation determines how we feel. STOP negative thoughts before they can upset you.
3. Get away from stress causing agent.
  - a. Physically
  - b. Mentally – take a 5 minute fantasy
  - c. Vacation
4. Learn relaxation techniques.
5. Take up jogging on a regular basis.
6. Yoga
7. Meditation
8. Prayer
9. Avoid “Super Person” self-image. Nobody is perfect.
10. Go easy with criticism of self or others.
11. Acknowledge anger and then work it off.
12. Give in occasionally.
13. Take one thing at a time. Make a “To Do” list every day. Do the most important things first.
14. When you feel left out, go where people are and talk to them first.
15. Schedule recreation and do it!
16. Talk with a trusted friend.
17. Watch your diet.

## Dietary Recommendations to Reduce Stress

1. Avoid snacks – sit down to eat
2. Sweets – cut in half
3. Starches – cut in half
4. Soft drinks – replace with fruit juices
5. Spirits – handle with care
6. Reduce slippery foods (fats, oils, butter)
7. Don't take second helpings
8. Don't add salt
9. Drink lots of liquids
10. Reduce caffeine consumption

## What the Doctors Say: 10 Ways to Reduce Stress

1. Plan some idleness every day
2. Listen to others without interruptions
3. Read books that demand concentration
4. Learn to savor food
5. Have a place for retreat at home
6. Avoid irritating, overly competitive people
7. Plan leisurely, less structured vacations
8. Concentrate on enriching yourself
9. Live by the calendar, not the stopwatch
10. Concentrate on one task at a time