Handling Your Stress

1. Pleasurable Activities
   A. By yourself (listen to music, take a walk, read a novel, TV)
   B. With others (do things with people you like)

2. Take Care of Your Body
   A. Nutrition - avoid too much caffeine, nicotine, alcohol, drugs - eat healthy food: fruits, veggies
   B. Get adequate sleep
   C. Exercise!!! (ideally 3+ times/week, 20-30 minutes)

3. Time Management
   A. Check off tasks-make lists & have fun checking off as you get things done
   B. Prioritize
   C. Don't take too much on; know your limits

4. Maintain "Perspective"
   A. "It's all how you look at it"; examine your thoughts for unhelpful/ untrue thoughts-argue to yourself why they are incorrect/unhelpful; then substitute more correct/helpful ones

5. Communication Skills: Getting Along with Others
   A. Listen lots
   B. Don't be passive, Don't be aggressive; Be assertive

6. Laugh (watch funny movies, TV, look for the lighter side of life)

7. Relaxation
   A. slow & deep breathing; imagine pleasant scenes; tense & relax muscles; music; reading; church/prayer/meditation...

8. Talk to Others about Being Stressed (everyone is or has been!)
   A. friends, family
   B. counselors

9. Read more on the subject:
* The Relaxation & Stress Reduction Workbook (Martha Davis & others)
* The Anxiety & Phobia Workbook (Edmund J. Bourne)
* An End to Panic (Elke Zuercher-White)
* Dying of Embarrassment (Barbara G. Markway & others)
* When Anger Hurts (Matthew McKay & others)
* Mind Over Mood (Greenberger & Padesky)