

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)