STRESS MANAGEMENT TECHNIQUES

1. Find a Support System—Find someone who you can talk to, who will support you, and who you can lean on when things seem overwhelming.

2. Change Your Attitude—Talk to yourself positively, and learn to accept failures. Also, realize that things don’t always go the way we want them to, but that’s the way life works sometimes.

3. Be Realistic—Set goals for yourself that are attainable. If you don’t, you may be setting yourself up for failure.

4. Get Organized—Get a planner, to do list or calendar and use them.

5. Take Breaks—Give yourself “me time”. Schedule times during the day where you can just relax.

6. Take Good Care of Yourself—Make sure you’re getting lots of sleep, eating right and exercising regularly. These things will help keep your body away from illness, which in turn, would lead to more stress.

7. Learn to Say No—You don’t always have to go out to dinner with your friend or do that favor they asked of you. Adding more things to your plate may cause more stress.

8. Get a Hobby—Do something different and out of the ordinary. Find something that relaxes you.

9. Slow Down—Know yourself and plan your time accordingly. Don’t rush through assignments or other tasks. Give yourself enough time to do things well and thoroughly.