

## **TIPS FOR MANAGING STRESS**

1. Keep physically healthy. Give yourself nutritious food and adequate sleep and rest.
2. Get involved. A hobby or doing something for others can take your mind off your stressors.
3. Talk it out.
4. Be assertive. Always putting others needs before your own can lead to lowered self esteem and higher stress.
5. Consider alternatives. Be open to alternative ways of thinking and behaving.
6. Eliminate unnecessary stress. If you know caffeine keeps you awake, drink decaffeinated beverages in the evening, for example.
7. Appreciate yourself and others, with compliments, etc.
8. Learn to accept what you cannot change.
9. Put pleasure – even joy – into every day and into every week. Give yourself something to look forward to.
10. Be comfortable. Wear clothes you really like, that feel good when you wear them because they fit and because they look good.
11. Add laughter to your life
12. Don't relish past wrong done to you.
13. Take care of your spiritual self.

**ASK FOR HELP BEFORE YOU LOSE CONTROL OF YOUR STRESS LEVEL.**