

STRESS MANAGEMENT



Do you feel overwhelmed? Are stressful situations in your life creating a great deal of anxiety? Learning effective methods of *stress management* will enable you to better handle situations in you life.

Here are some guidelines for stress management:

- Understand that a little stress can actually be good for you. It can increase energy, focus, and help you perform tasks more efficiently.
- Long term or continual stress negatively impacts emotional and physical health. It is essential to find methods of coping with stress.
- Specify the circumstances and/or elements of a situation that you find stressful. One way to do this is to write about stressful situations in a notebook or journal. This can help you identify stressors.
- Evaluate what aspect of the situation you have control over in relation to the reduction of stress.
- Imagery, which involves visualizing yourself being successful in the context of the stressful event, can help alleviate stress.
- Deep breathing can help you calm down when you're experiencing anxiety.
- Engaging in consistent physical exercise can help alleviate stress. There is a strong connection between physical fitness and emotional well-being.
- Engage in healthy eating habits. Eating right helps the body to function more efficiently thereby reducing stress.
- Allow yourself time to relax. Continual work without rest can increase stress as well as decrease productivity.
- Continually monitor the degree of stress in your life. Be willing to use stress management techniques in order to reduce anxiety.

This online test will help you see the level of stress in your life:

http://www.lessons4living.com/stress_test.htm

"Its not stress that kills us, it is our reaction to it." - Hans Selye, famous endocrinologist