

## Stress Management

At times you may not be able to rid your life of stress simply through time management techniques. This is not entirely horrible. Stress can be emotional and/or physical, as well as pleasant (eustress), and unpleasant (distress).

### Are you in danger of stress?

- Sweating
- Pounding pulse
- Tics
- Headaches
- Constant worry
- Anxiety
- Tension focused in certain parts of body
- Loss of sleep
- Loss of appetite
- Trouble concentrating

### Ways to deal with stress:

- Use effective time management
- Exercise
- Positive self-talk
- Good nutrition
- Relaxation

### Why Exercise?

When you exercise, you blow off steam in a productive manner and build stamina. In the process, you reduce your level of anxiety and will start to look and feel much better. Exercise on a regular basis, three or four times per week, and by all means, make it fun. If it helps, find an exercise buddy. You'll be feeling better in no time!

### Positive Self-Talk...What's That?

Have you ever heard the saying that talking to yourself is okay, but if you start answering yourself, there's something wrong? Well here's news for you! Holding inner conversations can be quite useful. For example, if you are nervous about giving a presentation, use "self-talk" to tell

yourself you can do it! Don't use self-talk in a negative sense. That will only hinder your progress. Instead, use reinforcing self-talk like, "It worked," "You did it," "You can be proud."

### **Not that Good Nutrition Thing Again**

As they say, "You are what you eat." To avoid stress, avoid certain foods. Caffeine, taken in large amounts, is detrimental to your well being. Also try to avoid eating a lot of simple carbohydrates like candy, cake, cookies, etc. You may get a "quick high" as with caffeine, but that "high" will quickly end, and you will feel more tired than when you began. The foods to eat are complex carbohydrates and lots of fruits and vegetables. Your body will get everything it needs, and soon, as with exercise, you'll start to look and feel better!

### **Relaxation**

Any exercise can aid in relaxation. Continued use of these relaxation techniques can improve your physical and emotional health quickly.

1. Deep breathing: Get comfortable, close your eyes, breathe slowly from the diaphragm.
2. Relax each part of your body: Start at scalp and go down. Eyes, cheeks, jaw, back of neck, arms, shoulders, chest, stomach, lower back, legs, feet, toes.
3. Take 15 minutes to sit and daydream about a special place. See everything, try smelling smells and hearing sounds.
4. Tense up all muscles for seven seconds and then relax for seven seconds.
5. Listen to soothing music.
6. Take a power nap (no more than 30 minutes).
7. Shake your worries away by shaking each limb.
8. Laugh, smile, have fun!

### **10 Tips for Coping with Stress**

1. Hang a "Do Not Disturb" sign on your door. Read, exercise, nap.
2. Visit a museum or church, browse in a bookstore.
3. Practice listening to others talk: do one thing at a time.
4. Drop annoying, time-consuming acquaintances, activities and obligations.
5. Freely express feelings of joy, grief, disappointment.
6. Stop trying to remember everything. Write things down; make notes to yourself.
7. Allow more time than you think you'll need for catching trains, buses, planes.
8. Prepare to wait for everything - haircuts, appointments, payments.
9. Rid your life of clutter. If you haven't worn it or used it for a year, give it away.
10. Plan tomorrow before the end of the day.