



20 TIPS for Stress Management

- 1 IDENTIFY STRESS TRIGGERS.** List the situations that cause worry, stress and tension and note how the stress affects you, your relationships and your job. It will be easier to relieve your stress when you know what is causing it.
- 2 SET REALISTIC GOALS.** When setting goals, make sure they are important to you and are achievable. Prioritize your list and take small steps to reach them.
- 3 LEARN TO SAY “NO”.** If you are feeling overwhelmed, simplify your life by eliminating activities that are unnecessary or stressful. Stop taking on more than you can or should handle.
- 4 BALANCE WORK AND PLAY.** Spend quality time with your family, play games or do something creative. Taking time for play can help you relax, lower blood pressure and improve productivity at work.
- 5 COMPROMISE.** Listen to other’s opinions and focus on finding a way to compromise. Someone else may have a better solution to your problem.
- 6 KEEP THINGS IN PERSPECTIVE.** Even though you usually can’t stop a stressful situation from happening, you can control how you respond. Avoid blowing the event out of proportion.
- 7 THINK POSITIVELY.** Imagine what you want, instead of worrying about what you fear. Look for the positive in every situation and surround yourself with others who do as well.
- 8 STAY ACTIVE.** Try to get 30 minutes of moderate exercise most days of the week. It will help reduce stress and improve the health of your body and mind.
- 9 CREATE QUIET TIME.** Just 10-20 minutes of quiet reflection can help relieve chronic stress, increase your tolerance to it or restore patience. Listen to music, pray or meditate to help clear your mind.
- 10 BE KIND TO YOURSELF.** Pay attention to your own needs and feelings. Engage in activities that you enjoy such as reading, gardening or sports.
- 11 LAUGH OFTEN.** Laughter is not only good for a quick pick-me-up, it can actually help stimulate circulation, improve the immune system, relieve pain, and make difficult situations easier to handle.
- 12 BREATHE.** Take several slow, deep breaths before you begin to deal with a stressful situation. This will lower your heart rate, calm you and give you time to think about the best way to react to the situation.
- 13 SHARE YOUR FEELINGS.** Communicate with friends and family to let them know your thoughts and feelings. Let others provide love, support and guidance. Don’t try to cope alone.
- 14 ACCEPT COMPLIMENTS.** Learn to accept praise from others and yourself. Recognize when you have reached a goal, completed a difficult task or remained calm in a stressful situation.
- 15 GET ENOUGH SLEEP.** Try to get at least 7-8 hours of sleep each night. Being well rested can help you deal with stress more effectively.
- 16 ACCEPT IMPERFECTION.** No one is perfect so don’t expect perfection from yourself or others. Ask for help when you need it and forgive mistakes.
- 17 PRIORITIZE YOUR TIME.** Spend time on activities that are important and meaningful to you. Rate each task in order of importance or urgency.
- 18 EAT HEALTHY.** Good nutrition is important. Eat a variety of low-fat, healthy foods from each of the basic food groups. Visit www.mypyramid.gov for more information.
- 19 GET ORGANIZED.** Keep a calendar and list your tasks or activities for each day. This can eliminate the feeling of being overwhelmed or help avoid forgetting something important.
- 20 ASK FOR HELP.** Support groups or a mental health professional can help you develop an appropriate strategy for dealing with daily stress or traumatic life experiences.



Sources: American Psychological Association, Mental Health America, Mayo Clinic, and U.S. Department of Health and Human Services



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