



Guidelines for Managing Stress

- Changing behaviors, thoughts and moods is a process that takes time. Do not look for quick fixes. Look for long term results.
- Do not try to change everything all at once! To start choose one or two areas to work on.
- Think about your choices. Take small steps. Choose situations that may bring immediate success and satisfaction. Don't tackle the biggest problem first.
- Expect some setbacks. Try not to become overwhelmed and overly discouraged by them. Remember to use your coping and stress management skills.
- Keep your self-worth apart from your stress management efforts. What is most important is the trying and effort.
- Anticipate change in small areas initially. Most stressful situations need to be addressed individually.
- Keep a log or journal of your efforts and progress! It helps to focus your efforts and keeps you aware of what you are doing.
- Practice stress management techniques that you are learning. Develop a handful of strategies so that you have more than one to utilize at any given moment and circumstance.
- Frequent use of stress management techniques helps them work better! Practice and use them daily- not just during rough times!

From the Navy Systematic Stress Management Program

<http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/navy-systematic-stress-management-program.aspx>