



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>