

# ***STRESS MANAGEMENT TIPS AND RESOURCES***

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The number one most important tip: know thyself! Recognize your stressors. Know what pushes your buttons, be aware of what stresses you out, and recognize the symptoms of stress in your mind and body.

## **Stress-Busting Actions**

- Breath deeply (take a deep breath while counting to ten then slowly exhale)
- Exercise
- Do something completely different that changes your focus
- Dare to say “no”. It’s okay to say no. You can let some things slide and the earth will continue to spin.
- Build quality relationships and seek out social support
- Listen to your favorite music
- Nurture yourself (take a bath, get a massage, plan a “me” date
- Balance work with fun
- Laugh
- Progressive relaxation (tense, then relax each muscle one at a time)
- Avoid caffeine, nicotine, and other stimulants
- Eat healthily
- Keep a stress diary
- Manage your time (“to do” lists, prioritize)
- Creative imagery (mini mental vacation)

## **Stress-Busting Attitudes**

- Recognize when you are exaggerating. Ask yourself, “is it really as bad as it seems? It is really as critical and urgent as it seems?”
- Remember that you control stress, it does not control you. It is something you cope with, not something that overpowers you.
- Sleep on it
- Acquit yourself. Sometimes events really are out of your control, so quit blaming yourself.
- Get your priorities straight
- Let it go! (Does it really help you to get mad at the slowpoke in front of you? Is it really worth it? Choose your battles and let go of unimportant hassles).
- Accept what you can’t change

Benson, Herb MD. The Wellness Book: The Comprehensive Guide to Maintaining Health and Treating Stress-Related Illness.  
Borysenko, Joan PhD. Minding The Body, Mending The Mind.