

Positive Ways to Manage Stress

If you're looking for ways to improve the way you handle stress, try some of the suggestions below.

Mental and Emotional

- ✓ Imagining: Look for the humor. Anticipate the future
- ✓ Life Planning: Set clear goals. Plan for the future
- ✓ Organizing: Take charge. Don't let things pile up. Put things in order
- ✓ Problem Solving: Tackle problems head-on. Solve it yourself or seek outside help
- ✓ Re-Labeling: Change perspectives. In a bad situation, look for good

Physical

- ✓ Biofeedback: Listen to your body. Know your physical limitations
- ✓ Exercise: Pursue physical fitness. Jog, swim, dance, or walk
- ✓ Nourishment: Eat for the health of it. Limit use of alcohol
- ✓ Self-Care: Energize your work and play. Strive for self-improvement.
- ✓ Stretching: Take short stretch breaks throughout the day.
- ✓ Relaxation: Tense and relax each muscle. Take a warm bath. **Breathe deeply**

Spiritual

- ✓ Faith: Find a purpose and meaning
- ✓ Surrender: Let go of problems. Learn to live with the situation
- ✓ Value: Spend your time and energy wisely. Set priorities
- ✓ Worship: Put faith into action. Share beliefs with others
- ✓ Commitment: Invest in yourself meaningfully. Take up a worthy cause. **Say "Yes"**

For more information on ways to manage stress, contact the Health Enhancement Program at 1-866-669-0466