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Managing Stress



STRESS MANAGEMENT - Learning to manage stress levels to prevent anxiety, depression and other conditions associated with stress.

Stress can take a mental and physical toll on people. Although, if stress is managed it can encourage you to function and accomplish many things.

TIPS FOR STRESS MANAGEMENT

1. Write down on a list everything that needs to be done.
2. Prioritize the tasks you have on your list.
3. Set up a time frame for your prioritized list of what to accomplish and when to accomplish it. Make sure to divide the workload into small sections and allow yourself adequate time to finish each section.
4. Focus on one task at a time. Worrying about other tasks does not help complete them.
5. Reward yourself for tasks that get accomplished.
6. Exercise regularly to maintain health and release stress.
7. Indulge yourself in your favorite hobby, book or movie to release stress.
8. Take a short vacation if you need to get away and regroup.
9. Keep a good perspective. Ask yourself “is this situation really that serious?”
10. Sign up for a stress management class.
11. Maintain good eating habits and sleeping patterns.
12. Contact a doctor if you begin to show any health related symptoms to stress.
13. Avoid getting behind, procrastinating or running late. These things all lead to stress.
14. Learn as much as you can about a stressful situation, knowledge can mean less fear and the possibility of gaining more control.
15. Take action to better the situation. Don't feel sorry for yourself and sit around, it just adds to the things that need to be accomplished.