

## STRESS COPING STRATEGIES

- 1) Change your perception – frequently the problem is the way we are looking at something
- 2) Remember – 98% of things we worry about never come true
- 3) Stop – take a deep breath – exhale very slowly. As you exhale, visualize the stress leaving with your breath. Do this again until you feel a little more calm
- 4) Recognize the only power that people have over you is your reaction. Just because someone has said or done something, you do not have to react.
- 5) Accept the things you cannot change and focus on changing the things you can.
- 6) Remember that “and this too shall pass”
- 7) Adjust your ‘expectations’ to ‘hopes’
- 8) Work on the self defeating behaviors and negative self talk
- 9) Try to view the stress as motivation
- 10) Make a plan and attempt to accomplish things in manageable chunks.
- 11) An inch is a cinch – a yard is too hard. However, yards are made up of inches. Tasks become much easier if you do a little at a time instead of focusing on the end.
- 12) Get proper sleep
- 13) Eat a healthy diet
- 14) Practice relaxation
- 15) Exercise
- 16) Get a support system
- 17) Talk about it
- 18) Ask for help