



## Managing Stress

### TECHNIQUE

### DESCRIPTION

Reevaluate the situation.

Learn to tell the difference between normal reactions and those based on irrational beliefs.

Focus on events you can control.

Don't worry about things you cannot change or that may never happen; focus on strategies for handling events under your control.

View life as fluid.

Expect change and accept it as inevitable; then many unanticipated changes will have less emotional impact.

Consider alternatives.

Don't rush into action; think before you act.

Set reasonable goals for yourself.

Aim high, but be realistic in terms of your capacities, motivation, and the situation.

Exercise regularly.

A physically fit person can handle stress better, both physically and emotionally.

Master relaxation techniques.

Relaxation helps refocus energies and reduce the physical discomfort of stress. Classes and self-help books teach these techniques.

Use constructive approaches to anger reduction.

In addition to the techniques listed above, seek a delay in responding ("Let me check into that and get back to you"); use mentally distracting behaviors (counting to 10 backwards) and self-instruction (a covert "Stop!") to control anger arousal; then engage in calm, self-controlled problem solving ("I should call him rather than confront him personally").

Seek social support.

Friends, family members, co-workers, and organized support groups can offer information, assistance, and suggestions for handling stressful situations.