

STRESS MANAGEMENT

There are many times in our lives when we feel we've been given more than we can handle. For you – that may be right now. You have been looking for employment for a while, bills are piling up and the kids need school supplies.

Here are some ways that you can reduce, relieve and even avoid stress:

Avoid Stress

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Arrive early
- Don't overwork your memory
- Say "no" more often
- Walk everywhere you can

Relieve Stress

- Establish a quiet place of your own
- Get in touch
- Take time out
- Enjoy exercise
- Get it off your chest
- Talk to someone who listens
- Take a bath and relax or get a massage
- Schedule more fun
- Relax before going to bed

Reduce Stress

- Be prepared to wait
- Relax your standards
- Avoid "What if" problems
- Ask questions
- Write things down
- Always have a "Plan B"
- Unclutter your life

Stress falls into 2 categories:

1. Things that haven't happened
2. Things that are out of our control

Does it make much sense to worry about it now?