



STRESS STRATEGIES

6 STRATEGIES FOR MANAGING STRESS & OVERWHELM

1. AVOID IF POSSIBLE

Keep away from things that cause you stress, &/or stop yourself from engaging in activities that drain energy when & where possible.

2. ALTER BEHAVIORS

Examine your ability to change yourself or your situation. Take actions that will contribute to a more successful outcome for you.

3. ADAPT YOUR MIND

Be an honest observer of your thought patterns, attitudes and self talk. Are your thoughts helping you or causing you more distress?

4. ACCEPT REALITY

Be willing to accept reality. Sometimes this requires a change in beliefs. Let go of what you can't control.

5. FIND RELAXATION

Consider what you need to find peace and calm. This may look very different for different people. Make these choices intentionally.

6. LIFESTYLE CHOICES

Examine your habits honestly. What small areas, if changed, would provide you more capacity and energy for your family, work and life?

