

# TIPS TO HELP YOU MANAGE STRESS

Stress – it's all around us and there is no way to avoid it. There may not be something major going on in your life. Sometimes several minor or mild stressors are happening at once and this can result in the same stress as a larger stressor.

Public speaking can be stressful, but watching a close game can be stressful as well. Our lives would be dull without some stress! The key is to deal with stress in a positive and healthy way.

If you can know what causes you stress, try to avoid or remove it. That may not be always be possible. There are many ways to manage emotions; some can cause health problems, for example, starting to smoke, smoking more or overeating. Here are some healthy ways to manage stress:



- If you can, try to get away for a few moments, a break can be helpful.
- Try to not worry about things you can't control.
- Give it a positive spin – “what a great opportunity”.
- Work to resolve conflicts both at work and at home.
- Talk and problem-solve with a family member, a friend, or counselor.
- Practice positive thinking.
- Learn some easy relaxation exercises.
- Set realistic goals – home and at work.
- Learn to say “no”.
- Get physically active on a regular basis.
- Eat well-balanced nutritious meals.
- Get enough sleep.
- Participate in something you don't find stressful.
- Schedule time for yourself each day to sit quietly and think of a peaceful picture.

