WAYS TO HELP TO PREVENT FEELING STRESSED

Good stress or bad stress, it is something that we experience every day.

The good news....you can help prevent everyday goings-on from causing undue stress.

Here are some things to do:

- Set realistic goals both at work and at home.
- Look at the big picture and put things into perspective.
- Make a plan for dealing with the problem.
- Manage tasks or projects by breaking into smaller more doable steps.
- Don't "sweat the small stuff".
- If something is not important, try to not get upset over it.
- Help yourself –
    - Think about a stress management class.
    - Consider a time management class.
- Find activities you enjoy and take part in them on a regular basis.
- Be physically active.
- Maintain a positive outlook.

Change your thinking –

If you are doing something new – think of it as an exciting opportunity

Task seems too hard – try a different tactic

Not enough time – reorder your priorities

Not enough resources – isn't this a great time to get those creative juices flowing

Reward yourself for the good things you do each day

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