



Specific Stress MANAGEMENT Techniques

- Get enough sleep and rest
- Sense of humor - don't take things too seriously
- Be goal-oriented
- Think positive - there are options in all situations
- Don't be afraid to make mistakes
- Avoid becoming distressed over past events
- If your life is in a rut, change your routine
- Turn obstacles into creative exercises
- Be organized and take one thing at a time
- Change environments
- Take a hot bath or shower
- Positive self-statements
- Regular physical exercise
- Progressive relaxation
- Visual imagery
- Biofeedback training
- Board games
- Arts and crafts (See a task to completion)
- Venting problems - take a "nice person" break
- Schedule time for recreation
- Eliminate self-defeating thoughts