



Specific Stress PREVENTION Techniques

- Accept what you cannot change
- Balance work and recreation
- Don't invest \$10 worth of energy on a 10 cent problem
- Avoid becoming distressed over past events and focus on now
- Walk away from no-win situations
- Laugh at yourself - it separates you from the problem
- Work smarter rather than harder
- Be flexible and compromise
- Interpret events developmentally rather than solely on a content level
- Eat a balanced diet regularly
- Be honest about your feelings
- Keep your values and behavior congruent
- Don't worry about what others think
- Take a two-minute stretch break
- Go for a walk
- Pay attention to your unique personal rhythms
- Position yourself to your advantage
- Practice mental rehearsal
- Control distractions
- Plan and prioritize
- Eliminate time wasters
- Practice active listening