



Tips for Managing Stress Constructively

It is important to consider constructive ways to:

- Prevent build-up of stress
- Manage stress overload when symptoms do appear
- Address the underlying causes of stress in addition to relief of the symptoms

Below are many techniques to try or habits to build. Not only will this help you – your positive actions will likely influence others to also practice optimal self-care.

- Exercise regularly -- take walks or do aerobic activities that you enjoy.
- Find a unique outlet or way to recharge your batteries that you are enthusiastic about.
- Share your thoughts and feelings with someone you trust -- get things off your chest.
- Eat and drink nutritious foods and beverages.
- Get a good night's sleep.
- Explore the underlying issues more fully before attempting a quick fix solution.
- Talk to people who have faced similar challenges.
- Take some slow, deep breaths.
- Adjust your attitude to see the opportunities that exist. Ask: what can I learn or contribute?
- Write down your thoughts and feelings; log your ideas and track your progress.
- Visualize how things could improve in the future. Picture it working out.
- Learn from mistakes but don't dwell on them. Turn the page.
- Set more realistic expectations.
- Brainstorm and experiment with new ways to handle challenges.
- Mentally rehearse how to act before entering a stressful situation.
- Engage in relaxation techniques such as meditation, stretching, massage, biofeedback, progressive muscle relaxation, yoga, etc.
- Strengthen your faith or spiritual life.
- Cultivate your sense of humor.
- Find a special place where you can regularly get away from it all.
- Carve out some alone time for reflection and renewal.
- Take a lunch break.
- Take a needed vacation.
- Engage in hobbies or sports that require you to be fully present in the moment.
- Listen to relaxing music.
- Express yourself creatively.
- Get your mind off your own troubles by helping others.
- Change your habits to minimize factors that trigger stress.
- Anticipate problems and plan around them.
- Block out competing activities and concerns.
- Set better boundaries and limits -- learn to say no.
- Be assertive and address conflicts constructively and compassionately.
- Delegate – you do not have to do it all yourself.
- Reprioritize -- focus on what is most important, not simply on what seems urgent.
- Build a strong network of advisors.