

Stress Management Tips

Exercise

Exercise releases “feel good” chemicals that promote a sense of well-being and energy.

Tips:

- Take the stairs instead of the elevator
- Walk or ride your bike instead of driving
- Join a walking group
- Look up online resources in your area

Time management

Feeling overwhelmed can decrease your ability to actually manage your time and get things done, creating a vicious cycle.

Tips:

- Use a planner
- Turn off your cell phone
- Learn to say no to some activities
- Don't overbook

Getting a good night's rest

Being over-tired increases stress in your body and can seriously limit your ability to adequately deal with stressful situations.

Tips:

- Get six or more hours of sleep a night
- Try and plan on going to bed earlier
- Cut back on caffeinated and alcoholic beverages, and increase exercise to improve sleep

You don't have to do all of these suggestions at once. In fact, be careful not to try to make too many changes at once and add to your stress load in the process. Just pick one or two to start with. Small healthy lifestyle changes can lead to big changes in your health and happiness.

For more information, visit us at www.yalestress.org



Eating healthily

Eating nutritious foods promotes both a healthy body and a healthy brain.

Tips:

- Don't skip breakfast
- Eat 3 balanced meals a day
- Keep healthy snacks, such as fruit or nuts, readily available
- Avoid or limit caffeinated or alcoholic beverages
- Take a daily multi vitamin

Setting realistic goals:

Setting realistic goals can keep things manageable and give you a sense of accomplishment.

Tips:

- Make a list of goals for the day and for the week
- Put stars next to the “must do” items
- Consider how likely it is that you can do all the items
- Which items are more realistic than others?
- Which items are more necessary?
- Remember to focus on one item at a time

Hobbies and leisure time:

Taking time out for “healthy” activities can also decrease stress

Possibilities:

- Art or photography class
- Knitting
- Scrap booking
- Dance
- Singing
- Fishing
- Sports
- Join an activity group or club
- Seek out friends and family for support
- Take a vacation

Remember, seeking professional help is always an option. Some of the people and places you can turn to include support groups, pastors, and therapists.