Essential questions for you to answer:

1. What **can** I do about my stress?
2. What **should** I do about my stress?
3. What **will** I do about my stress?

Develop Self Understanding:

- Listen to the voice of your body
- Make a list of present goals
- Write a diary or journal
- Analyze your successes
- Make use of helping professionals
- Find out what is and isn't controllable in your life
- Be honest with yourself

Improve your mind:

- Read about stress and human growth
- Learn about stress
- Be sensitive to all dimensions of life
- Take a course
- Go to the public library
- Think about great ideas
- Clear your mind

Develop Healthy Attitudes

- Develop the attitude of gratitude
- Think positively
- Learn to accept what you cannot change
- Don’t be afraid of failure
- Practice living in the present
- Get friendly with leisure
- Reward yourself
- Control your emotions:
  - Admit to yourself how you feel
  - Practice self-expression
  - Work off your anger
  - Face your fears
  - Experiment with acting your way to a new feeling

Strengthen your body:

- Learn to relax
- Get proper rest
- Get regular, vigorous exercise
- Eat a nutritionally balanced diet
- Lose weight
- Control all your input
- Dress the way that feels right
- Practice good posture
- Utilize medical checkups.

Improve personal relationships

- Seek out good friends
- Share yourself with significant others
- Contact new people
- Do something for others
- Take charge of getting involved
- Give the other person a break
- Don’t criticize and blame others
- Give in occasionally
- Make clear choices
- Face painful questions directly.

Lift your spirits:

- Work toward deepening your life
- Keep things in proper perspective
- Don’t do wrong
- Learn to let go
- Allot time for daily meditation
- Engage in organized religious activity
- Encourage your gentleness
- Learn to play again
- Laugh

Control your job:

- Remember, no job is tense
- Focus on one thing at a time
- Don’t try to be perfect
- Define the purpose of work
- Take some time off
- Take a nap at work
- Redefine your job
- Quit
**Improve your environment**
Find security  
Spend time in a new environment  
Change residence  
Rearrange and redecorate your home  
Cut down excessive noise  
Control the TV set  
Live a healthy lifestyle  
Be yourself

**Arrange to have variety in your life**
Take one thing at a time  
Don’t let things drift  
Plan for maximum comfort  
Learn to vary your pace  
Set up desirable futures  
Take time to be alone  
Plan relaxed vacations  
Practice relaxed driving  
Develop a hobby  
Develop your own list of coping devices.

Is any one of these answers just right for you? Probably not.

But one, or a combination of coping ideas might stimulate some ideas for you, suggest some way you can begin to shake yourself up, shake up your habits, and shake yourself out of the dumps.

Now is the time for you to begin formulating a plan that you think will help you be more creative in managing your stress that will lead you to a greater sense of freedom and joy.

YOU must create YOUR plan.

YOU must choose the changes YOU want to make.

Both the challenges and the rewards are YOURS.