

**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 us of helping professionals  
Keep track of your “stress quotient”  
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.