

STRESS

A Strategy a Day Will Keep the Doctor Away!

Here are some daily strategies to reduce stress. You will be surprised by how effective even the smallest change can be!

Create a Consistent Routine

- Eat a well-balanced diet with drinks that are low in calories and caffeine. Plan some healthy snacks and lunches.
- Maintain a regular bedtime, and shut off all “screens” two hours prior to sleeping.

Express Feelings

- Talk with friends and peers; avoid gossip and hurtful conversations.
- Write in a journal.

Establish “Me Time”

- Create time each day to relax.
- Treat yourself to a simple pleasure.
- Pair enjoyable activities or tasks with less enjoyable activities or tasks.

Practice Specific Stress Reduction Techniques

- Focus on what is in your control, and recognize that you can’t change what is out of your control.
- Decrease negative self-talk. FOR EXAMPLE: Instead of thinking, “My paperwork will never get turned in,” say to yourself, “I may not be keeping up now, but my paperwork will get turned in if I can set aside 15 minutes a day to work on it.”



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- Daily exercise: Any physical activity that you find enjoyable.
- Add soothing music to your daily commute.

Practice Effective Communication

- State feelings in a clear way. FOR EXAMPLE: "I feel angry when you yell at me."
- Offer factual descriptions of what upsets you, rather than labels or judgments.

Establish "Me Time"

- Create time to maintain hobbies.
- Have a spa night at home.
- Reward yourself for a job well done.

Practice Specific Stress Reduction Techniques

- Learn relaxation techniques, such as deep breathing, muscle relaxation, and meditation.
- Introduce positive statements into your day and in reaction to negative or unhelpful thoughts. FOR EXAMPLE: "I always try my best." Or, instead of, "I need to be perfect, or I fail," say: "I did a great job learning this new curriculum."

