Stress Management Strategies

How to Reduce, prevent, and Cope with Stress

Stress management strategy #1: Avoid unnecessary stress

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed.

- **Avoid people who stress you out** or limit the amount of time you spend with that person.
- **Take control of your environment** – If the evening news makes you anxious, turn the TV off.
- **Avoid hot-button topics** – If you get upset over religion or politics, cross them off your conversation list.

Stress management strategy #2: Alter the situation

If you can't avoid a stressful situation, try to alter it.
- **Express your feelings instead of bottling them up.**
- **Manage your time better.** Poor time management can cause a lot of stress.
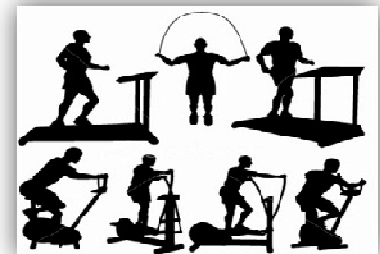
Stress management strategy #3: Accept the things you can't change

- **Look for the upside.** As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth.
- **Share your feelings.** Talk to a trusted friend
- **Learn to forgive.** Accept the fact that we live in an imperfect world and that people make mistakes.

Stress management strategy #4: Make time for fun and relaxation

Healthy ways to relax and recharge

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.

- Savor a warm cup of coffee or tea.
- Work in your garden (if available).
- Curl up with a good book.
- Watch a comedy.

Stress management strategy #5: Adopt a healthy lifestyle

You can increase your resistance to stress by strengthening your physical health.

- **Exercise regularly.** Make time for at least 30 minutes of exercise, three times per week.
- **Eat a healthy diet.** Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.
- **Get enough sleep.** Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.

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Health Safety Environment