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SURE FIRE STRESS REDUCERS

“You no longer have to keep up with the Joneses...They’ve died of exhaustion.”

- 1. Go to bed on time.**
- 2. Go to bed on time** so you can start the day unrushed.
- 3. Say “no”** to projects that won’t fit into your time schedule, or that will compromise your mental health.
- 4. Delegate tasks** to capable others.
- 5. Simplify and unclutter** your life.
- 6. Less is more.** (Although one is often not enough, two are often too many).
- 7. Allow extra time** to do things and to get to places.
- 8. Pace yourself.** Spread out big changes and difficult projects over time; don’t lump the hard things all together.
- 9. Take one day at a time.**
- 10. Separate worries from concerns.** If a situation is a concern, do what you can do and let go of the anxiety. If you can’t do anything about a situation, forget it.
- 11. Live within your budget;** don’t use credit cards for ordinary purchases.
- 12. Have backups:** an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.

- 13. K.M.S. (Keep Mouth Shut.)** This single piece of advice can prevent an enormous amount of trouble.
- 14. Do something for the Kid in you everyday.**
- 15. Carry a paperback with you** to read while waiting in lines.
- 16. Get enough exercise.**
- 17. Eat right.**
- 18. Get organized** so everything has its place.
- 19. Listen to relaxing tapes** while driving.
- 20. Write things down.**
- 21. Everyday, find time to be alone.**
- 22. Having problems?** Join a support group and/or see a counselor. Try to nip small problems in the bud.
- 23. Make friends** with happy, non-stressed people.
- 24. Keep a folder of favorite cartoons on hand.**
- 25. Remember** that the shortest bridge between despair and hope is often a good night’s sleep.
- 26. Laugh.**
- 27. Laugh some more!**
- 28. Take your work seriously,** but yourself not at all.
- 29. Develop a forgiving attitude** (most people are doing the best they can).
- 30. Be kind to unkind people** (they probably need it the most).
- 31. Sit on your ego.**
- 32. Talk less; listen more.**
- 33. Slow Down.**
- 34. Remind yourself** that you are *not* the general manager of the universe.
- 35. Every night** before bed, think of one thing you’re grateful for that you’ve never been grateful for before.

~Permission granted by Parkview
Employee Assistance Program

Stress basics

MYTH #1

Only unpleasant situations are stressful.

Winning the lottery can be as stressful as losing your job; and falling in love can be as stressful as breaking up.

If *change* is involved, whether it’s “positive” or “negative,” stress is involved.

MYTH #2

What’s stressful to me is stressful to you.

Situations are rarely stressful in and of themselves. What causes one person to “flip out” might not even ruffle another.

Stress is not something “out there;” it’s something we create. It’s dependent upon how we interpret situations and how we relate to the world around us.

The *good* news is – if our mind creates our stress, then our mind can decrease our stress.

MYTH #3

In the ideal world, there wouldn’t be any stress.

Too little stress (boredom) can make us as miserable as too much stress.

Everyone has an optimal level of stress (i.e. life change). One of the secrets of happiness is determining how much stress is enough, and how much is too much.

One of the most effective
stress reducers: a 10 to 30
minute brisk walk.